

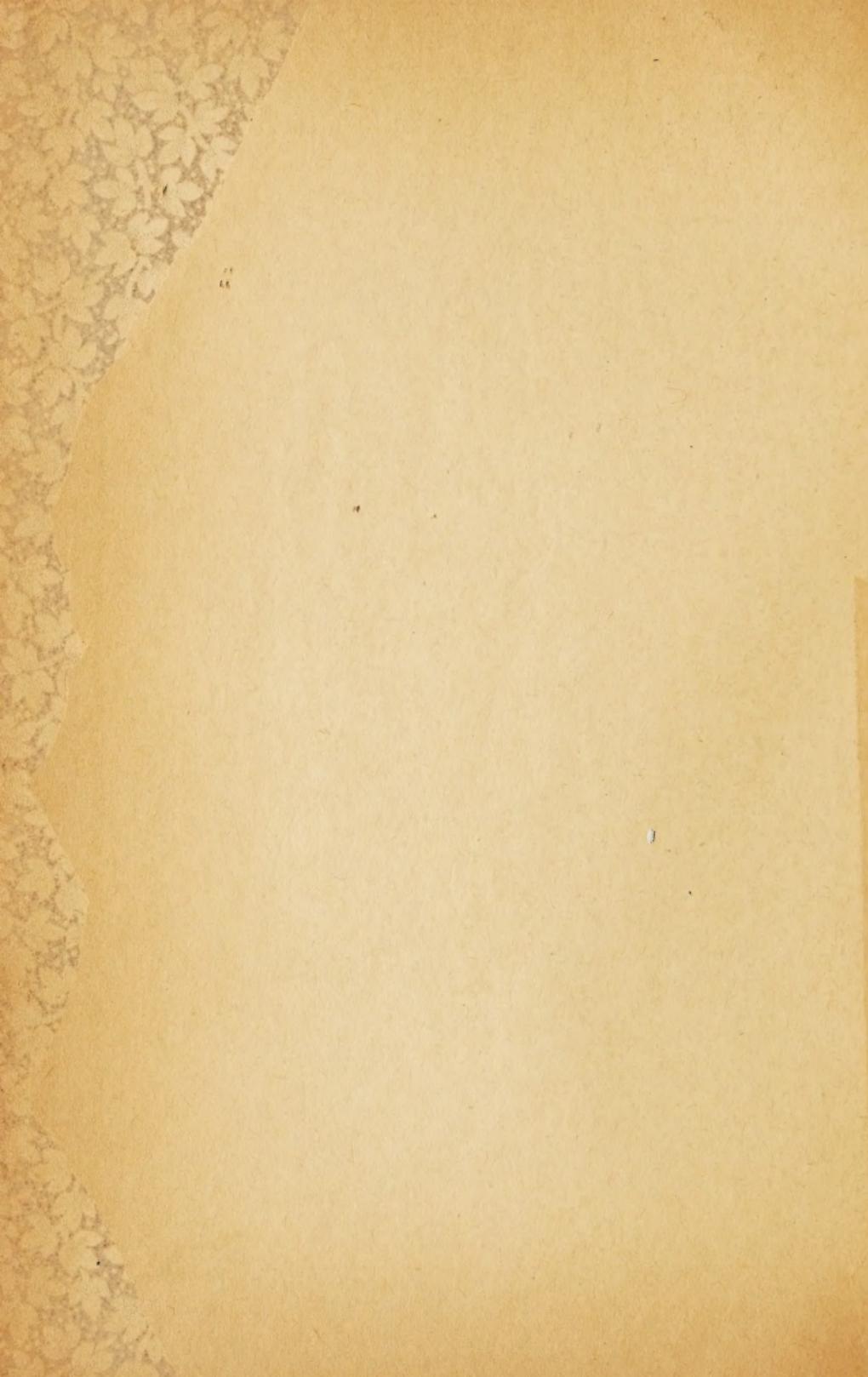
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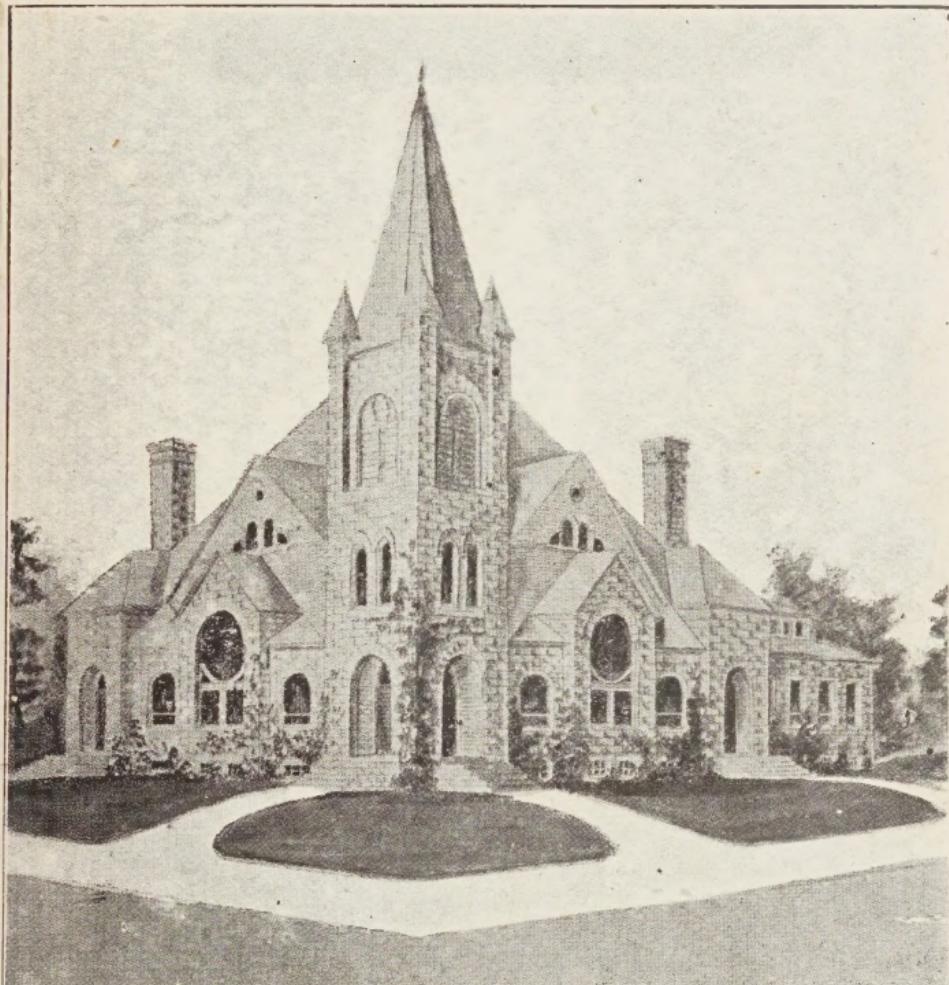
Mary Williamson



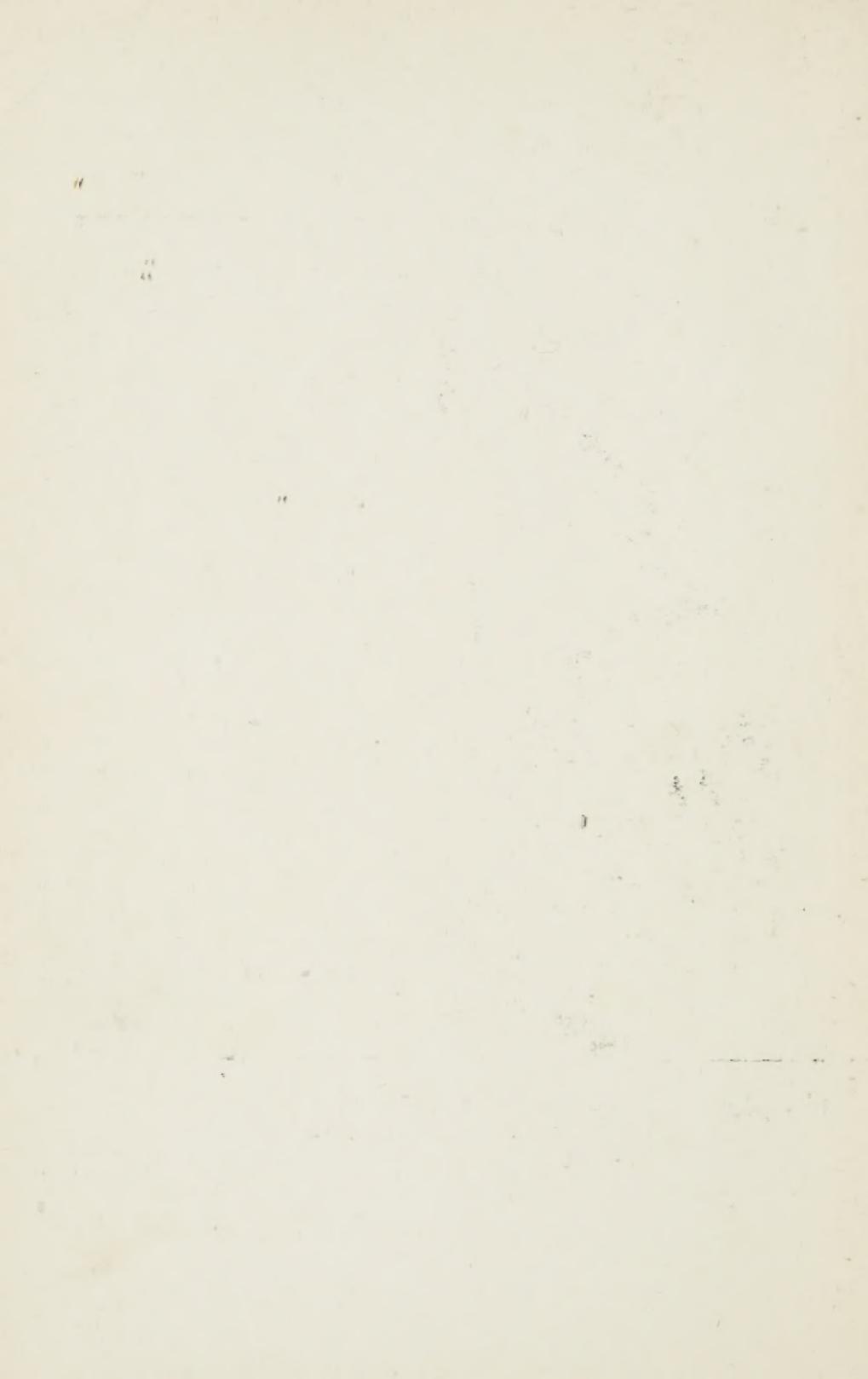


Very good
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ST. ANDREWS CHURCH
Dedicated January 4th, 1906.



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**THE
HUNTINGDON COOK BOOK**

COMPILED FROM

RECIPES CONTRIBUTED BY LADIES OF
HUNTINGDON AND VICINITY AND
PUBLISHED IN BEHALF OF THE

ST. ANDREWS CHURCH

Huntingdon, P. Q.

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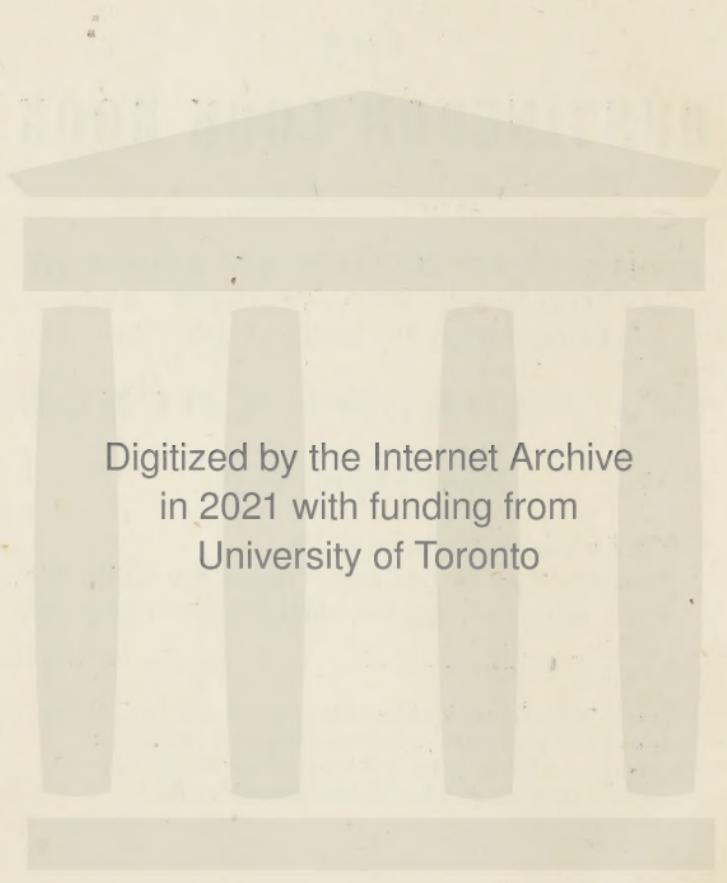
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"We may live without books—what is knowledge but grieving ?
We may live without hope—what is hope but deceiving ?
We may live without love—what is passion but pining ?
But where is the man who can live without dining ?

1907.

*News and Enterprise Print,
HUNTINGDON.*



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A Table of Weights and Measures for Housekeepers.

Ten eggs—One pound.
One quart of flour—One pound, or four cupfuls of flour 1 lb.
Two cupfuls of butter—One pound.
One generous pint of liquid—One pound.
Two cupfuls of granulated sugar—One pound.
Two heaping cupfuls of powdered sugar—One pound.
One pint of finely chopped meat, packed solidly—One lb.
The cup used is the common kitchen cup holding a $\frac{1}{2}$ -pint.
Two and one-half teaspoonfuls—Make one tablespoonful.
Four tablespoonfuls—One wine glassful.
Two wineglassfuls—One gill.
Two gills—One teacupful.
Two teacupfuls—One pint.
Four teaspoonfuls—One ounce.
One and one-half tablespoonfuls granulated sugar—1 ounce
Two tablespoonfuls flour—Make one ounce.
One pint loaf sugar—Weighs ten ounces.
One pint brown sugar—Twelve ounces.
One pint granulated sugar—Sixteen ounces.
One pint wheat flour—Nine ounces.
One pint corn meal—Eleven ounces.
A piece of butter the size of an egg—About $1\frac{1}{2}$ ounces.



TIME REQUIRED FOR COOKING THE FOLLOWING MEATS AND VEGETABLES.

Ham, per pound, twenty minutes.

Beef, sirloin rare per pound, eight to ten minutes.

Beef, sirloin well done per pound, twelve to fifteen minutes.

Chickens, three to four pound weight, one to one and one-half hours.

Duck, tame, from forty to sixty minutes.

Lamb, per pound, well done, fifteen minutes.

Pork, well done, per pound, thirty minutes.

Veal, well done, per pound, twenty minutes.

Turkey, ten pounds, three hours.

Chickens, boiled forty-five to sixty minutes.

Potatoes, boiled, thirty minutes ; baked forty-five minutes.

Squash,boiled, twenty-live minutes.

Squash, baked, forty-five minutes.

Green peas, boiled, twenty to forty minutes.

Shelled beans, one hour; String beans, one to two hours.

Green corn, from ten to twenty minutes.

Asparagus, fifteen to thirty minutes.

Tomatoes, thirty to forty minutes.

Cabbage, thirty to forty-five minutes.

Cauliflower, from one to two hours.

Beet greens, one hour ; Beets, one to five hours.

Spinach, from twenty to forty minutes.

Onions, from one to two hours.

Parsnips, from one-half to one hour.

Turnips, from one to two hours.

Carrots, from forty to sixty minutes.

Sweet potatoes, boiled, forty-five minutes ; Baked one hour

TIME FOR BAKING.

Loaf Bread, from forty to sixty minutes.

Rolls and Biscuit ten to twenty minutes.

Graham Gems, thirty minutes.

Ginger Bread from twenty to thirty minutes.

Sponge Cake from forty-five to sixty minutes.

Plain Cake, from thirty to forty minutes.

Fruit Cake from two to three hours.

Cookies from ten to fifteen minutes.

Bread Pudding one hour.

Rice and Tapioca one hour.

Indian Pudding, two to three hours.

Steam Pudding, one to three hours.

Steam Brown Bread, one to three hours.

Plum Pudding, from two to ten hours.

Custards, from fifteen to twenty minutes.

Pie Crust about thirty minutes.

TABLE SERVICE.

"We learn to live, by living to learn."

The mat is first adjusted upon the table, and the tablecloth smoothly and evenly laid over it. The floral accessories are then put in place, also the fruits and bon-bons. Carafes containing iced water are placed at opposite corners. The next step is the laying of the covers; a cover signifying the place prepared for one person. For a dinner in courses a cover consists of a small plate (on which to set the oyster plate), two large knives, three large forks, one small knife and fork (for the fish), one soup spoon, one oyster fork. Place the knives at the right with the sharp edge turned towards the plate; place the forks at the left with the tines turned up; glasses at the right; napkins, bread and butter plates at the left. Carvers, fish slice and fork, etc., should be laid on a side-table until needed, then placed quietly, the knife at the right and the fork at the left of the platter.

Extra plates, glasses, knives, forks and spoons should be in readiness on the sideboard. Such things as mustard, vinegar, etc., which may be wanted, should be in readiness on the side table.

Bread must be freshly cut.

Water must be fresh and cool.

Butter must not be served so soon as to become soft.

Everything not too large to rest comfortably upon a serving-tray should be handed from it.

Any dish from which a person at table helps himself should be offered at the left. Any dish which the waitress serves should be placed at the right.

Authorities differ as to whether the knife and fork should be retained or left upon the plate when it is passed for a second helping. My opinion is that they should be laid to one side of the plate.

Glasses for water must be kept filled. In removing a course, food must be first taken, then soiled china, glass silver, and cutlery; then clean china, glass, silver and cutlery; then carving-cloths and lastly crumbs. To remove a carving-cloth fold it quickly together and lift to tray.

Soiled plates and dishes should be removed from the right.

Everything relating only to one course must be removed before serving another course.

Plates and dishes must never be piled together so that china rests on pieces of silver.

Use hot plates for hot meat courses, entrees, etc., cold ones for salad, cold meats, and hot puddings which retain their own heat.

A meal must not be announced until everything is ready which is or may be needed.

After the oysters, soup is served by the hostess. Fish is served next, accompanied by potatoes Hollandaise, or potato balls fried brown and used as a garnish. The host serves this, and all meats. Fish is usually followed by the entrees, croquettes, patties, sweet breads, etc., passed to each guest by the waitress.

Then comes, the substantial dishes, Roast beef, lamb, turkey, etc. Any and all vegetables are served with beef. Lamb is accompanied with green peas and spinach. Turkey, cranberry sauce, onions, tomatoes and potatoes. Chickens are accompanied by rice, and cauliflower. Pork and roast goose calls for fried apples, or apple sauce, sweet potatoes and turnips. After the roasts, sherbet follows : then game and salad.

Salad may be served with the game or by itself, accompanied by cheese.

The latter is often made a course by itself. After the salads and cheese come the ices and sweet dishes, bonbons, etc., followed by coffee.

The finger bowls come with the desert.

The order in which a course dinner is served.

First Course—Raw oysters.

Second Course—Soup.

Third Course—Fish.

Fourth Course—Entrees : croquettes, sweet breads, etc.

Fifth Course—Roast meats.

Sixth Course—Sherbet.

Seventh Course—Entremets : dressed vegetables, served alone each, as asparagus, spinach, maccaroni, etc.

Eighth Course—Game.

Ninth Course—Salad.

Tenth Course—Cheese—macaroni dressed with cheese, omelet, etc., cheese and salad, often served together.

Eleventh Course—Puddings, charlotte, creams, etc.

Twelfth Course—Glaces : anything iced—ice cream, water ice ; frozen puddings, etc.

Thirteenth Course—Dessert : fruit, nuts, bonbon, etc.

Fourteenth Course—Coffee.

TEAS.

Let steaming kettle sing
Then pretty caddy bring
With tea a choice brand
And teapot from Japan.

The five o'clock tea table has become a familiar object in our homes. In addition to the delightful custom of offering a cup of tea to the chance caller of the late afternoon, we have instituted all sorts of teas. Teas to introduce a debutante or welcome a guest, church and club teas, and "teas" that take the form of an "at home" on some particular and uniform day of each week or month, for all of these except the informal five o'clock tea, invitations in some form are extended. Afternoon teas are served between the hours of four and six. The table is decorated with flowers. Coffee and chocolate is served from one end of the table, and tea from the other end of the table, by young ladies, friends of the hostess. Small tables may be placed about the room with coverings ; the refreshments are served from the table, may be delicate sandwiches, biscuit, wafers and bonbons. For a more elaborate affair, bouillon, oysters, salads, olives ices, and fancy cakes, may be added to the above, all served from the table by ladies, friends of the hostess, or by waitresses. When cards

are sent out for a special day, the tea loses its home character and becomes a reception. Potted plants and cut flowers are in profusion (when means admit) daylight is often excluded, and tables made attractive with flowers, lights; beautiful china, silver and glass. Napkins are not always necessary though they are a protection to the gloves and dresses. The simplest entertainment when accompanied by a charming hospitality is better appreciated than any amount of ostentatious display.

Strong tea and gossip,
Bless me how refreshing.



SOUPS.

"The onion is a homely plant,
And rank as most that grows,
And yet it beats to mix with soup,
The lily or the rose."

GENERAL DIRECTIONS.—The basis of all good soups is the broth of meat. Put the meat into cold water, allowing one and one-half pints for one pound of bone and meat—equal quantities of each. Do not let it boil for the first half hour ; then simmer slowly till done, keeping the pot closely covered. The next day remove the fat. Then add the vegetables and herbs used for seasoning, cooking all well together. Strain the soup before sending to the table.

Cream soups should be served as soon as they are made if allowed to stand they will curdle.

BEEF SOUP—Three pounds of beef, three onions, three quarts water, half pint pearl barley or rice. Boil the beef slowly about an hour and a half. Then add onion sliced, and pearl barley previously well washed and soaked half an hour. Boil about an hour longer, and add more water—sufficient to have two quarts of soup when done. Season with salt and pepper.

Mrs. Wm. H. Walker.

OYSTER SOUP—One quart of oysters, one quart of milk, half cup of butter, half cup of powdered crackers.

When milk boils add butter, crackers and oyster liquor (which has been boiled and skimmed), then pepper and salt to taste and finally the oysters, cook three minutes longer and serve. May also be seasoned with celery salt or a teaspoonful or Worcestershire sauce. For persons preferring the oysters without milk the same method may be followed—omitting the milk and substituting water in its place. The rolled crackers may be omitted also, if wished.

Mrs. Wm. H. Walker.

OYSTER STEW—Drain fifty oysters; put the liquor in a porcelain lined kettle, and when it comes to the boiling point, skim; then add the oysters, bring again to the boiling point, skim again. Add one pint of scalding milk, two tablespoonful of butter cut in small pieces and rolled in flour. Season with salt and red pepper, and serve immediately.

Mrs. Rorer.

OYSTER SOUP—Two quarts of milk, six crackers roll-salt to taste. Let all boil together, and just before serving salt to taste. Let all boil together, and just before serving add one quart of oysters; let them remain just long enough for the edges to curl.

Mrs. Marshall.

FISH SOUP—Soups may be made of any fish, or of the water in which fish has been boiled, with the bones and the head. In either cases add onions, parsley and celery while making the stock. Strain, pressing the fish flesh, if any, through a colander, thicken with two tablespoonfuls of flour, and three tablespoonfuls of butter, rubbed to a paste, then add to the stock stirring constantly, to every quart of stock add the yolks of two eggs well beaten, season with pepper and salt, and just before serving add one pint of cream.

Mrs. R. A.

CLAM BROTH—Twenty-five clams washed and drained,

steam till the shells open easily ; save every drop of juice that comes with opening add enough of water to make one quart, trim off the soft part of the clam and reserve to serve with the broth, chop the tough portion a little and simmer fifteen minutes in the broth, strain and season with pepper and salt, serve hot, send the reserved portion to the table with melted butter and lemon juice poured over them.

Mrs. W. F. Stephen.

BOUILLON—One and one-half pounds of finely chopped lean beef, that from the round being best, one and one-half pints of cold water. Cover the sauce pan and set on the back of the stove where it will slowly heat. Let it come to the boiling point, then simmer slowly for one hour. Add one bay leaf, one-half of an onion, two slices of carrot, a little parsley, and two or three stalks of celery, or a little celery salt ; simmer slowly one hour longer. Strain, return to the kettle, season with salt and red pepper, and when boiling add the white and crushed shell of one egg mixed with one-half cup of cold water ; boil two minutes, then stand on the back of the stove to settle. Strain through two thicknesses of cheese cloth, and when cold remove every trace of fat ; use blotting paper if necessary If the bouillon is too light in color add caramel, but it must be perfectly clear.

Mrs. J. E. Taylor.

CROUTONS WITH CHEESE—Cut slices of bread about half an inch in thickness, and remove the crusts; cut into any shape desired, round, oval or square, and toast a delicate brown. Have ready a cheese sauce made as follows : Scald half a pint of milk ; rub one large tablespoonful of butter and two tablespoonfuls of flour together until smooth, then stir this into the scalded milk. Stir continually until it thickens ; add the yoke of one egg, two large

tablespoonfuls of cheese grated, and a palatable seasoning of salt and white pepper. Put a large tablespoonful of the sauce on each crouton and serve with macaroni consomme or any soup made from stock.

Mrs. J. E. Taylor.

DELMONICO SOUP—Take a soup bone weighing two pounds, cut off the meat and crack the bones. Cover with two quarts of cold water, put on the back of the stove where it will slowly heat. Simmer two or three hours; take from the fire and strain. The next day remove the grease from the surface; put over the fire with one potato sliced, one pint of tomatoes, one onion, one stalk of celery, one bay leaf, one teaspoon salt, a very little red pepper. Let the stock cook till the vegetables are tender, then press all through a sieve. When ready to serve add one tablespoonful of Worcestershire sauce.

Mrs. Wm. Reade.

OX TAIL, SOUP.—Take two ox tails, two onions, two carrots, one small turnip, two tablespoonfuls of flour, a little white pepper, one gallon of water; let all boil together for two hours; then take out the tails and cut the meat into small pieces; return the bones to the pot, and boil for another hour; then strain the soup and add to it two tablespoonfuls of arrow root mixed with a little water, and the meat cut from the bones. Let all boil for fifteen minutes

M. L. W.

POTATO SOUP—Take a soup bone and cover with cold water, let it boil slowly for one hour, then add one carrot, two onions, quarter of a cabbage, one small turnip, six large potatoes, boil the whole gently for four hours, then strain through a colander. Season to taste, and serve hot.

Mrs. D. Pringle.

POTATO SOUP FOR LENT—Slice and fry three onions in a quarter of a pound of butter to a nice brown, in soup-pot, add two quarts of sweet milk, peal, and boil five potatoes, mash them and beat them with a fork until creamy, add them slowly to the milk, boil twenty minutes season with pepper and salt to taste, take from the fire and add one egg well beaten, serve hot. Mrs. D. P.

CREAM OF CORN SOUP—One pint of grated corn, three tablespoonfuls of butter, three pints of boiling water, two even tablespoonfuls of flour, one pint of hot milk, yolks of two eggs, salt and pepper to taste. Put the cobs from which you have grated the corn in the boiling water, and boil slowly half an hour; remove them, put in the corn, and boil about twenty minutes, then press all through a sieve. Rub the butter and flour to a paste, add to the soup and stir constantly until it thickens. Now add the boiling milk, and season; cook one minute, add the beaten yolks, and serve immediately. Angie.

CREAM OF ASPARAGUS SOUP—Wash one bundle of asparagus, cut into small pieces and put into a sauce pan with enough boiling water to cover. Simmer for three quarters of an hour. Remove the tips with a fork, press the remainder through a sieve, saving the water in which it was boiled. Scald one quart of milk; rub together one tablespoonful of butter and two of flour until smooth. Stir this into the scalded milk and stir until it thickens. Add the asparagus and water pressed through a sieve, also the tips. Season with salt and white pepper, and serve.

Mrs. Botham.

CREAM OF RICE SOUP—Cover one-half cup of rice with one quart of whitestock, adding one onion, a little parsley and a few stalks of celery. Boil for one-half hour

or until the rice is tenher. Press through a sieve. Scald one and one-half cups of milk ; add the rice, season with salt and white pepper, and just before serving add one-half cup of cream.

Mrs. Botham.

CREAM OF PEA SOUP—Take one pint of green peas, measured after shelling, cover with cold water and cook until tender. Take one half of the peas, pressing the remainder with the water in which they were boiled, through a sieve. Scald three cups of milk ; rub together one tablespoonful of butter and two of flour until smooth, add it to the milk with the peas which have been rubbed through a sieve, and stir until it thickens. Just before taking from the fire add the rest of the peas, and one cupful of cream. Season with salt and white pepper, and serve.

Mrs. J.E.Taylor.

BEAN SOUP—Soak one pint of beans over night. In the morning parboil them. To three pounds of a well broken joint of veal, add four quarts of water, and let it boil one hour ; to this add the beans and cook slowly till they are soft enough to press through a sieve. Return to the kettle and when hot add one cup of cream. Salt and pepper to taste.

Mrs. H.

NOODLES FOR SOUP—Beat one egg light ; add a pinch of salt and flour enough to make a stiff dough ; roll out in a very thin sheet, and roll up tightly. Cut off thin slices, put them in the soup lightly, and boil ten minutes.

SCOTCH BROTH—One-half tea cup of barley, four quarts water, boil and skim. Now put in a neck of mutton, and when it boils skim again. Take two carrots, one small head of cabbage, one large onion and a sprig of parsley ; chop altogether very fine, and add after the

meat has boiled one hour. Let it boil two hours longer and serve.

A.C.D.

TURKISH SOUP—Bring to the boiling point one quart of good stock; add to it one tablespoonful of onion juice, a blade of mace, one bay leaf; let stand over a moderate fire fifteen minutes. Then strain and add two-thirds of a pint of milk, salt and pepper to taste. When ready to serve take kettle from fire and add quickly the yolks of two eggs beaten with two tablespoonfuls of cream. Serve immediately. Can be served in bouillon cups.

Mrs. G. Hawkins.

VEAL SOUP—Joint of veal weighing three pounds, four quarts water; simmer slowly. One-fourth pound macaroni boiled in sufficient water to cover it; add a little butter when it is tender. Strain the soup and season with salt and pepper, then add the macaroni and the water in which it was boiled. It may be flavored with celery and a pint of cream added.

M.L.W.

TOMATO SOUP—One can of tomatoes, two and one-half quarts of hot water, one teaspoonful of soda, one-quarter pound of butter, six crackers, salt and pepper to taste, one pint of fresh milk.

Mrs. A. Anderson.

TOMATO SOUP—One quart of tomatoes, one onion, two ounces flour, four ounces butter, two tablespoonfuls sugar, two of salt, one-third teaspoon cayenne pepper, three pints water, one-half pint of milk. Boil the tomatoes and onion in water for three-quarters of an hour; add salt, pepper, sugar, butter and flour; rub smoothly together like thin cream. Boil ten minutes. Boil milk separately. When both are boiling pour the milk into the tomatoes to prevent curdling.

SOUP WITHOUT MEAT—Pare and chop fine six good

sized potatoes ; boil in three quarts of water till tender, seasoned with butter, pepper and salt. Just before serving break into it three or four raw eggs, stir briskly to break the eggs before they cook. Improved by adding one-half cup of cream and a little rolled cracker.

A. C. D.

PEA SOUP—Use one quart of split peas soaking over night. Put over the fire at nine in the morning, in four quarts of cold water ; add one finely chopped onion and a pound of salt pork. Boil four hours.

VEGETABLE SOUP—Let soup bone boil for two hours add two carrots grated, one onion, one pint of cabbage, one pint of turnips, two potatoes (all sliced fine) one cup of tomatoes, celery and parsley, let all boil together for another hour. Mrs. J. McD.



FISH AND OYSTERS.

“Good mutton or beef for sinew and strength,
But the toothsome fish for brain work.”

TO BONE A FISH—Scrape free from all scales, clean well. Do not cut off at the head, fins or tail. Take a sharp thin knife ; begin at the head and run the knife under the flesh close to the bone, loosening the backbone with the fingers. When the flesh on one side is loosened, slip the knife under the bone on the other, pull from the flesh, being careful not to strip away any of the flesh,

Fish cut for broiling is greatly improved by removing the back bone before broiling.

BAKED BLUE FISH—Take a fish weighing about four pounds. Bone according to directions. Wipe dry ; sprinkle well with salt. Make a dressing of one cup of bread crumbs, one tablespoonful each of melted butter and chopped parsley, one-half teaspoonful of salt and a little black pepper ; mix well ; stuff the body of the fish and sew up with cotton. Score the sides of the fish about an inch apart, and put a strip of salt pork in each. Grease a tin sheet, put in the bottom of a baking-pan ; use one shorter than the fish to give the fish when baked the shape of the letter S. Dredge the fish with salt, pepper and flour ; put strips of pork on the sheet under and around the fish. Bake about one hour, basting. Garnish with slices of lemon, fried potato balls and parsley. Serve with sauce Hollandaise. Mrs. J. E. Taylor.

SALMON LOAF—One can of salmon, pick out bones, and skin, two eggs beaten light, half a cup of cracker crumbs, two tablespoonfuls of butter, pepper and salt to taste, and parsley, rub all to a paste, pack into a mould and steam one hour and a half, heat a can of peas fifteen minutes, put salmon loaf on a platter, pour the peas all around it.

Mrs. J. Wattie.

SAUCE FOR SALMON LOAF—One cup of milk, one tablespoonful of each, butter, cornstarch, catsup, or Chili sauce, pinch of salt, one egg, add egg after beating and stir in while boiling hot, pour over the loaf and serve hot.

Mrs. James Wattie.

SALMON LOAF—One can of salmon, take out all the bones. Half a cup of bread crumbs, three eggs, one tablespoonful of lemon juice, one tablespoonful of butter, one teaspoonful of salt. Mix all together, put in a bowl, tie a cloth over it, and boil two hours. Serve cold.

Mrs. Parlan McFarlane.

CHARTREUSE OF FISH—Flake some cold cooked fish. Season with salt and pepper, and moisten with a little sweet cream. Have ready two hard-boiled eggs. Line a well buttered dish with mashed potatoes; fill in the centre with alternate layers of fish and slices of hard-boiled eggs, and cover with the potatoes. Steam for twenty minutes, turn out upon a hot platter put small lumps of butter over it, and garnish with parsley.

Mrs. W. Black.

TO COOK FINNAN HADDIE—Wash well in hot water, place in dripping pan flesh side down, pour over hot water enough to cover fish; let it stand on the back of the stove about twenty minutes; take out and remove the skin; pour out the water and place the fish in the pan

again, and pour over milk to almost cover it. Bake in an oven twenty minutes, basting occasionally. When done, put on a hot platter and spread with butter.

Mrs. W. H. Walker,

BOILED FRESH COD—Sew up the fish in thin muslin ; boil in salted water, allowing ten minutes to the pound. Serve with Bechamel sauce.

White House Cook Book.

BAKED SALT MACKEREL—Soak in cold water over night ; pour over boiling water ; let stand a few minutes ; then drain. Put them in a baking pan with a few lumps of butter pour over one cup of sweet cream and bake until brown.

BOILED SALMON—The middle slice of salmon is the best. Sew up neatly in cheese cloth and boil a quarter of an hour to the pound, in hot salted water, when done, unwrap with care, and lay upon a hot platter, taking care not to brake it. Have ready a large cupful of drawn butter, very rich, in which has been stirred a tablespoonful of minced parsley and the juice of a lemon, pour half upon the salmon, and serve the rest in gravy boat. Garnish with parsley and sliced eggs.

Miss M. McFarlane.

CLAM CHOWDER—Half a pound of salt pork cut into small cubes, and browned in a kettle, to this add a layer of raw potatoes sliced thinly, and one of clams, sprinkle over with salt a little pepper and flour ; add another layer of potatoes and clams, salt, pepper and flour, and so continue till potatoes and clams have been used, cover with boiling water and cook until tender, add six

ctackers to one pint of cold milk, and heat, when thoroughly heated add to the chowder.

Mrs. E. Bachelder Midland.

CREAMED CLAMS—Drain and cut fifty clams into small pieces, season with pepper. Put two tablespoonfuls of butter into a saucepan and when it bubbles stir into two tablespoonfuls of flour. Mix until smooth, then stir in one-half pint of the clam liquor and the clams; stir and cook about two minutes; then add one-half pint of boiling cream or milk. Take from the fire and serve.

Mrs. J. E. Taylor.

ESCALOPED OYSTERS—Butter a deep pudding dish; put a layer of cracker crumbs on the bottom; wet this with some of the oyster liquor; next, have a layer of oysters; sprinkle with salt and pepper, lay small bits of butter upon them. Continue in this order till the dish is full the top layer being cracker crumbs. Beat one-egg in a cup, fill it with milk and pour over. Bake from thirty to forty minutes.

White House Cook Book.

CREAMED OYSTERS—Drain the oysters by pouring over them cold water; dry between towels. Put two tablespoonfuls of butter in a frying pan, when hot put in the oysters and stir carefully until the edges curl. Have ready in a double boiler a cream sauce made as follows: Put in a saucepan two tablespoonfuls each of flour and butter, stir until melted and smooth; add one pint of cream or milk, stir until it thickens; pour into the double boiler, add the oysters, season to taste.

Susie Buel.

CREAMED OYSTERS—Make one cup of good cream sauce. Parboil the oysters in their own liquor ; drain and add to the sauce. Serve on toast. H. L.

BROILED FISH—Wash and dry thoroughly. Place on a greased broiler over clear coals, flesh side down, until it begins to brown ; then turn the other side. Season with butter, pepper and salt. Mrs. Wm. Reade.

TURBOT A LA CREME—Take a white fish or two pounds of halibut ; steam or boil twenty minutes; break in flakes ; remove the bones and sprinkle with salt and pepper. Take one quart of milk, three large slices of onion, a little parsley ; put over the fire and boil one minute ; mix four tablespoonfuls of flour with one-half cup of butter, add a little milk and mix to a cream ; then pour it into the boiling milk and stir and cook until it forms a thick cream ; take from the fire ; add the yolks of two well beaten eggs, and strain through a coarse strainer. Put in a buttered baking dish a layer of sauce and a layer of fish alternately, until the dish is full, the sauce being on top ; sprinkle with bread crumbs and bake one-half hour in a moderate oven. May be baked in shells.

Mrs. J. E. Taylor.

SCALLOPED OYSTERS—Butter a dish that is about three inches deep. Put in a layer of cracker crumbs ; then a layer of oysters free from their liquor, then bits of butter ; sprinkle with pepper and salt. Do this until you have used a quart of oysters ; over the whole pour a teacupful of sweet cream or milk, and bake three quarters of an hour. Mrs. J. A. McFarlane.

DEVILED CLAMS—Drain and chop twenty-five clams. Put a half pint of milk in a double boiler. Put a large

tablespoon of butter and two of flour in a saucepan, melt and rub until smooth, then add the milk, stir continually until it thickens; add two tablespoonfuls of bread crumbs; take from the fire, add the yolks of two well-beaten eggs, a grating of nutmeg, a tablespoonful of chopped parsley, and pepper to taste. Now stir in the chopped clams. Have ready some nicely cleaned clam shells, fill them with this mixture, sprinkle lightly with bread crumbs, place in a baking pan and brown in a quick oven, about five minutes.

J. E. T.

COD FISH BALLS—One cup of cod fish, two cups of potatoes, one egg, one tablespoonful of butter, two tablespoonfuls of cream; season to taste. Make into balls, roll in egg and bread crumbs, and fry in hot fat.

Mrs. C. N. D.

BROOK TROUT FRIED—Wash, wipe, and roll in meal; fry in hot butter and lard. Remove the fish, pour a cup of cream into the frying pan, season with salt and pepper, pour over the trout and serve.

HALIBUT A LA FLAMANDE—Have steaks two inches thick cut from the halibut. Cover the bottom of a baking pan with one tablespoonful each of butter in small bits, onion and parsley chopped fine, one-half of a teaspoonful of salt and a few dashes of pepper. Lay the halibut steak on this. Beat the yolk of one egg light, brush it over the top of the fish and cover it with one tablespoonful each of onion and parsley chopped fine, one tablespoonful of butter, one-half teaspoonful of salt, a little pepper. Pour over each steak one teaspoon lemon juice. Bake forty minutes. Garnish with lemon and parsley. Serve with cream tomato sauce.

Susie Buel.

KIPPERED HERRING—Are to be dipped into boiling

water for a moment. Toasted over a clear fire and served with quartered lemons.

Table Talk.

LOBSTER EN COQUILLE—To each pound of lobster cut in small pieces one-half pint milk, yolk of two eggs, tablespoon butter, one tablespoon flour; put the butter and flour in a sauce pan; when melted and smooth, add the milk, and stir until boiling. Take from the fire, add the yolks of the eggs, one-half teaspoonful salt, and a dash of red pepper. Mix the lobster carefully with this sauce; put it into the shells, sprinkle over bread crumbs and brown in the oven.

Mrs. J. E. Taylor.



MEATS AND POULTRY.

"A good dinner influences the peace and happiness as well as the health of the household."

ROAST BEEF—One very essential point in roasting beef is to have the oven well heated when the beef is first put in. Wipe the meat thoroughly all over with a clean wet towel. Lay it on a rack in a dripping pan, and baste well with butter or suet fat. Set it in the oven, baste frequently with its own drippings and when two-thirds done season with salt and pepper. When done remove to a hot platter; pour off the fat from the drippings in the pan, add a tablespoonful of flour, stir until brown, then pour in one cup of boiling water and stir until smooth; season, strain and serve.

YORKSHIRE PUDDING—One pint of milk; one teaspoonful salt; two cups of flour; one teaspoonful baking powder; four eggs beaten well; mix all together. Pour off fat from drippings in the pan, and then pour in the pudding. Continue the roasting, letting the drippings fall on the pudding; baste the meat with the fat taken from the pan. Cut the pudding in small squares and serve about the beef.

Mrs. C. L. H.

FILLET OF VEAL—Take out the shoulder bone, trim neatly and make a dressing of bread crumbs, butter, pepper, salt and some sweet herbs; fill the breast, cover with bread crumbs seasoned with salt and pepper; put small lumps of butter over it, and bake in a hot oven; baste frequently. When done make a gravy and serve.

VENISON—lard the venison, rub with butter and

dredge with flour, place in a hot oven and roast fifteen minutes to every pound, basting every ten minutes, at first with melted butter, and then with its own drippings. When half done, season with salt and pepper. When done, put on hot platter, add two tablespoons of flour to the fat in the pan, add one pint of stock and cook; take from the fire and add one tablespoonful of currant jelly, season with salt and pepper.

ROAST LAMB—Put the lamb in the oven, with a dressing made as for turkey, without water in the pan; bake from two to three hours. Serve with mint sauce.

Mrs. Gillett.

ROAST PORK—Score the skin put in a hot oven for ten or fifteen minutes, then lower the temperature of the oven, cook slowly until done, baste frequently. Time one hour and three quarters for six pounds, adding water to the roast as required.

POT ROAST—This is an old fashioned dish often cooked in our grandmother's time. Take a piece of fresh beef weighing about five or six pounds. It must not be too fat. Wash it and put it into a pot with very small quantity of water. Set it over a slow fire, and after it has stewed an hour, salt and pepper it. Then stew it slowly until tender. Do not replenish the water at the last, but let it all nearly boil away. When tender all through, take the meat from the pot and pour the gravy in a bowl. Put a large lump of butter in the pot, then dredge the meat with flour and return it to the pot to brown, turning it often to prevent burning. Take the gravy that you have poured from the meat, skim off all the fat, pour the gravy in with the meat and stir in a

large spoonful of flour wet with a little water ; let it boil ten or fifteen minutes.

YORKSHIRE PIE—Chop very fine cold beef or any cold meat, using the fat and lean, season with pepper and salt, a little onion if liked, moisten with gravy, or a piece of butter dissolved in boiling water. Put into a deep dish, make a paste of mashed potatoes, adding a little warm milk, dot all over the top with bits of butter and brown in a hot oven.

Mrs. W. H. Walker.

VEAL CUTLETS—Take cutlets and dip into beaten egg and roll in bread crumbs. Fry brown in lard and butter. When cooked, remove and put a little water in the pan, thicken with teaspoon of flour, season with butter, pepper and salt ; pour over cutlets and serve.

VEAL A LA SWEETBREADS—Cut veal steaks very thin, then into pieces suitable for serving ; pound until tender ; dip into egg and then into bread crumbs. Have plenty of butter hot in frying-pan, and cook to a golden brown. Take meat from the pan and put in one-half cupful of cream, let boil one minute and pour over the veal.

Malone Cook Book.

TOMATO PIE—Cut beef or veal into small pieces ; place in buttered dish ; season with salt and pepper ; put over it a layer of bread or buttered toast ; then a layer of tomatoes peeled and sliced ; season to taste ; cover with a paste, and bake.

Mrs. H. Graham.

ROAST STEAK—Take the quantity of steak required. Have ready a dressing made of bread crumbs ; spread it on the steak and roll ; tie firmly. Put it in a hot

oven and bake one hour. Sprinkle on salt and pepper just before it is done. Mrs. Wm. H. Walker.

TO BROIL BEEFSTEAK—Steak should be from one and one-half to two inches thick. Heat the broiler very hot, greasing with a piece of the fat. Lay outside edge towards the handle, so that the fat may run on the meat. Place it close to the hot coals and count ten slowly; turn it and do the same to sear the outside and keep the juice in, then hold it farther from the coals, turning frequently. Broil from eight to fifteen minutes, according to the thickness of the steak. A steak should be rare but not raw; should have a uniform red color and full of juice. Put on hot platter, sprinkle with salt and pepper, and spread with butter; serve hot
Century Cook Book.

HAMBURG STEAK—Take one pound of steak from the round; chop very fine, add to it a tablespoonful of onion juice one-half teaspoonful of salt and a little black pepper; mix well together. Moisten the hands in cold water, take two tablespoons of this mixture and form into small round steaks or cakes. The above will make eight. Put two tablespoons of butter in a frying pan; when hot put in the steaks, fry brown on one side, turn and fry brown on the other. Place them on a hot dish; add a tablespoonful of flour to the remaining butter in the pan, mix smooth; add a half pint of boiling water, stir constantly until it boils; season and pour over the steaks.

Household News.

FRIED BEEFSTEAK—Beefsteak should never be chopped nor pounded before it is cooked, as it allows the juice to escape, rendering the meat dry and tough. Steak should be rare but not raw. Heat a frying-pan

smoking hot, put the steak on, sear on one side, then turn on the other ; this closes the pores and retains the juice ; turn often. When cooked season with salt and pepper ; put it on a hot platter and spread with plenty of butter.

Mrs. Sellar.

IRISH STEW—Pare and cut thin, two quarts of raw potatoes, let them stand in cold water one hour, cut up into small pieces ; one pint of cold roast meat, or any cold meat, one onion chopped fine, put into saucepan in layers, first potatoes, then meat, and onion, salt and pepper to taste, pour over it all, one cup of gravy, two cups of water, put on the cover and cook slowly until done.

Mrs. Watson.

IRISH STEW—Take the remnants of a roast of beef ; pare four potatoes and slice one-half inch thick ; one or two onions cut up fine ; one-third cup of rice, if desired. Place meat over fire in three quarts of cold water, two hours before dinner, onions and rice one hour, potatoes twenty minutes. Season with pepper and salt. Remove bones and add dumplings fifteen minutes before serving.

Mrs. McClary.

DUMPLINGS—One pint of flour, two rounded teaspoonfuls baking powder, salt, sweet milk for a stiff batter. Drop by spoonfuls into boiling stew fifteen minutes before serving. Do not raise the cover or let the soup cease to boil after they are added.

Mrs. McClary.

STEWED STEAK AND DOUGH BUOYS—Two pounds of stewing steak, one onion, one carrot, one quart of water, cut steak into two inch pieces, onion cut into small pieces, scrape carrot, put all into a pot with one quart of hot water, allow

it to come to a boil,, then simmer from two and a half to three hours.

DOUGH BUOYS—Two cups of flour, six ounces of chopped suet, one teaspoonful of baking powder, pinch of salt, mix baking powder in flour and salt, mix suet with the flour, add enough of cold water to make into stiff paste, form into balls. Season stew with salt and pepper, and when done put in Dough Buoys, and cook fifteen minutes. To try when balls are cooked, separate with fork (do not use a knife) pour all on a hot platter and serve immediately.

Miss Mildred Balls, England.

BEEF STEW WITH CORN FLOUR DUMPLING. — Cut two pounds of beef from the round into inch squares Put one tablespoonful of suet into a frying pan, throw in the pieces of beef. Shake until well browned, then lift them carefully with a skimmer ; pour them into a saucepan. Into the fat remaining in the pan, rub two tablespoonsfuls of flour ; brown carefully.. Add one pint of water to the fat and flour, stir constantly until it boils; strain over the meat, cover and simmer gently one hour. A small onion may be added if desired. Salt should be added when the meat is half done. Ten minutes before serving time mix in a bowl one-half cup of corn flour and one-half cup of wheat flour. Add one-half teaspoonful of salt and one teaspoonful of baking powder. Mix thoroughly, then add sufficient milk, about a gill, to moisten. The dumplings must be moist, not a batter. Take a teaspoon dip it first in the sauce of the meat and then take a teaspoonful of this mixture, place it on the top of the meat, and so continue until the entire surface is covered. Each dumpling must have a certain portion ex-

posed. Cover the kettle, cook for ten minutes without lifting the lid. When ready to serve, arrange the dumplings on the edge of the dish as a garnish; put the meat in the center, strain over the sauce and serve.

Mrs. J. E. Taylor.

SWEET BREADS—Two pair of sweet breads soaked in salt and water one hour. Then boil twenty minutes. When cooked, place in ice water to blanch. When quite cold, break into pieces, removing all bits of fat or gristle. Then add to the sweet breads one can mushrooms, and squeeze over all juice of one-half a lemon. Put over the fire one cup of cream and one cup of veal stock or the juice from mushrooms, one-half of small onion, little mace and nutmeg. Mix one tablespoonful flour and one and a half tablespoons butter and stir into the cream. Let cook ten minutes; then strain, and add sweet breads. Let all cook slowly ten minutes.

LIVER AND BACON—Slice liver and let it remain in cold water one hour; take out, dry and roll in flour. Fry thin slices of bacon crisp; remove bacon, put liver in pan and fry carefully.

Mrs. H.

...TRIPE—Cut into convenient pieces for serving, pour over boiling water, drain, and dry in a towel. Have salt pork drippings of sweet lard heated in the frying pan; cook the tripe in this, but do not brown it. Take out the pieces onto a plate, put butter into the frying pan and return the tripe, previously dipped in egg batter, and fry a delicate brown.

Mrs. McC.

SCOTCH HAGGIS—Take the stomach of a sheep, wash well; turn inside out and sprinkle with lime. Let it stand one hour, then scrape quickly with a knife, wash

again, put in cold salted water over night. Take one pound of oatmeal, one pound of suet, one pound of grated liver, one onion, and a very little water, season well with pepper and salt. Put the mixture into the bag with the wrong side out, leaving room for swelling. Sew it securely, plunge into boiling water, with a plate in the bottom of pot to prevent it from sticking, boil three hours. Prick with a fork now and then to let out the air.

Mrs. George Pringle, Winton Hill.

KIDNEY COLLUP—Take a good sized beef kidney, remove the fat and skin, cut into thin slices and put into cold water, for a short time, take out and put into a sauce pan, with a quart of cold water, after boiling three minutes strain it into another dish, and return the water into the same saucepan, wash the kidney slice by slice, in warm water, before returning it to the saucepan, add one onion cut up fine, and a little salt and pepper, cook slowly three hours; before serving add one tablespoonful each of flour, corn meal and butter. By adding water kidney soup is made.

Mrs. Watson.

SPICED BEEF RELISH—Take two pounds of raw, tender beefsteak, chop it very fine; put it into it salt, pepper and a little sage, two tablespoonfuls of melted butter; add two crackers rolled fine two well beaten eggs. Make it up into the shape of a roll, and bake it; baste with butter and water. When cold cut in slices.

BEEF LOAF—Three and a half pounds of beef or veal, minced very fine and uncooked; four large crackers, crushed very fine, one egg, one cup of milk, butter the side of an egg, one tablespoonful of salt, one of pepper. mix well and put in any tin pan that it will just fill; packing it well, baste with butter and water bake two hours in a slow oven.

Mrs. David Pringle.

VEAL LOAF—Three and one-half pounds of raw veal chopped fine, with one slice of fat pork, two crackers rolled fine, two eggs, two tablespoonfuls of butter, one large spoon of salt, one-half teaspoonful pepper. Mix all well together in the form of a loaf; put in a bread tin; dust with cracker crumbs; put small pieces of butter on top, and bake two hours, basting often.

Mrs. Wm. Reade.

SPICED MEAT—Boil separately two pounds each of beef and pork put through sausage grinder; save boiling of beef and boil down to two cupfuls and if it does not jelly when cold put in a tablespoonful of gelatine and heat again and pour over meat. Season with allspice, pepper and salt to taste. Line your mould with sliced lemons and pack while hot. When cold turn out on platter.

Grizella E. Smellie.

BOILED TONGUE—Select one that is firm, thick and smooth and trim it carefully; then wash it thoroughly, tie it in shape with a band of strong white muslin, set it over the range in a pot of briskly boiling water, let it boil slowly for about two hours. If you intend to have it served cold, allow it to cool in the water in which it has been boiled. When cool, remove muslin, and skin.

Mrs. Roser.

BOILED HAM—Wash and remove the skin, cover with cold water and boil slowly, if to be served cold, do not remove it from the water until cold, if you wish to serve it hot remove it from the water, stick in cloves, then set in the oven half an hour. A ham weighing twelve pounds will require four hours.

Mrs. F. M. Hamilton, Cooperstown.

TO BAKE A HAM—As a ham for baking should be well soaked, let it remain in sweet milk for at least twelve hours. Wipe it dry, trim away any rusty places underneath, and cover it with a common crust, taking care that this is of sufficient thickness all over, to keep the gravy in. Place it in a moderately heated oven and bake for nearly four hours. Take off the crust, and skin the same as boiled ham. This method of cooking a ham is by many persons considered far superior to boiling it, as the juices and a finer flavor are retained.

BOILED HAM—If very salt soak the ham in sweet milk twenty-four hours. Wash well and cut away from the under side all the rusty and dried parts. Put into a kettle with sufficient cold water to cover it, bring gradually to the boiling point, and as the scum rises, remove it carefully. Let it simmer gently until tender, and do not allow it either to stop boiling or to boil too quickly. When done remove the skin and serve. A.H.D.

When Ham is cooked leave it in the water until cool, take out and put on platter, remove the skin and brush over with beaten egg, cover with fine bread crumbs (nicely browned) put into a warm oven until dry. It will be delicious either hot or cold.

Miss Mildred Balls, England.

SAUSAGE—To twelve pounds meat, one-third fat, and two-thirds lean, add one ounce of pepper, one ounce sage, six of salt.

Mrs. Wm. H. Walker.

VEAL SAUSAGE—Equal quantities of fat bacon and lean veal chopped fine; to every pound of meat allow one teaspoonful minced sage; salt and pepper to taste. Mix well and make it into flat cakes; fry a nice brown.

MEAT PUFFS—Chop meat that has been previously cooked; season well with pepper, salt and butter; mois-

ten with little stock or water. Make nice puff paste ; roll thin ; cut into round cakes ; fill with meat and bake. Serve warm.

FILLET OF BEEF WITH MUSHROOM SAUCE—Remove all the skin and fat from the tenderloin. The veins and tendons should be taken out and the meat trimmed into shape. Put into the bottom of a roasting pan three or four slices of salt pork, one small onion sliced, one small carrot sliced, one stock of celery cut in pieces, and two sprigs of parsley. Lay the fillet on top of these, put several strips of pork on the fillet, pour over one-half of a cup of hot stock and roast in a hot oven thirty minutes. Baste several times while cooking. When done remove the fillet and the vegetables. Put one tablespoonful of butter in the pan and brown ; add two tablespoonsfuls of flour, stir until smooth and brown ; add two cups of stock, stir and cook until it thickens. Strain into a saucepan and add one can of mushrooms drained from their liquor. Let them cook only until heated ; add one teaspoonful of Worcestershire sauce, pepper and salt to taste. Pour the sauce around the fillet and serve.

Mrs. J. E. Taylor.

BOUDINS—One pint of cold chopped meat. One tablespoonful of butter, two tablespoons of dried bread crumbs, one half cup of stock or boiling water, two beaten eggs, salt and pepper to taste. Put all ingredients over the fire and stir until nicely mixed. Fill custard cups two-thirds full. Stand in a baking pan half filled with boiling water, and bake in moderate oven twenty minutes. When done turn carefully on a heated dish, and pour around them cream, or Bechamel sauce.

Mrs. Chipperfield.

CORNED BEEF HASH—To one heaping measure of meat chopped fine, allow two measures of chopped potatoes, put altogether, season with pepper, put in frying pan and moisten with milk or cream, when hot add a generous piece of butter and mix it may now be put in a baking dish and cooked in a quick oven until brown, or left in a frying pan and cooked fifteen minutes, stirring occasionally.

HASH BALLS—Prepare hash as above, form into small round cakes about an inch thick, dip in egg, roll in bread crumbs and fry like croquettes. Serve with tomato sauce.

PICKLE FOR BEEF—Two gallons of water, one pound of brown sugar, three pounds of salt, one teaspoonful saltpetre. Boil twenty minutes, skim, and when cool pour over the meat.

Mrs. J. R. McDonald.

BRINE FOR BEEF—Six gallons of water, two and one half pounds of sugar, two ounces of saltpetre, six pounds of rock salt or nine pounds of common salt. Boil all together, skim, and allow it to cool; when cold pour it on the meat. This quantity will do for eighty or one hundred pounds of beef.

Mrs. H. Graham.

CURING HAM—Make a brine, using six gallons of water, one quart of molasses, seven pounds of salt, and three ounces of saltpetre; scald and skim. When cold pour over the hams, and let them stand from four to six weeks. Smoke them about a week. Put them in bags made of twilled cotton, and hang in a cool place.

A. H. D.

SPICED BEEF—Twelve pounds of beef cut from the round; one large tablespoonful of black pepper, one

teaspoonful of cloves, one small nutmeg, two ounces of saltpetre, seven ounces of brown sugar and one cup of salt. Rub this into the beef, and turn it over every day for twelve days.

Mrs. Maclaren.

PICKLED PIGS FEET—Scald and scrape clean the feet, if the covering of the toes will not come off without, singe them in hot embers, until they are loose, then take them off. Many persons lay them in weak lime water to whiten them; having scraped them clean and white, wash them and put them in a pot of hot (not boiling) water, with a little salt, let them boil gently, until by turning a fork in the flesh it will easily break, take them out and put them in a jar, make pickle of cider vinegar, cloves, peppers, and mace, pour over hot, cover jar tightly, they will be ready to eat in three days. Pickled feet may be eaten cold from the vinegar, or split in two, dip them in wheat flour, and fry in hot lard, or broil and butter them, in either case, let them be nicely browned.

ROAST TURKEY—Select a turkey weighing from ten to fifteen pounds. Singe, draw and clean well. In cutting the turkey to remove the crop, cut the skin on the back of the neck, take out the crop and cut the neck off as near the breast-bone as possible. In this cavity put two tablespoonfuls of dressing. Sew up the skin on the back of the neck and fold it over, that the breast may look plump and unbroken. Put the remainder of the dressing in the body, sew up the vent and truss the turkey. Put the surplus fat taken from the inside of the turkey over the legs and wings. Have the oven very hot at first, put in the turkey, with one cup of boiling water in the pan. Roast ten minutes to the pound, basting often

Do not add any more water, as the turkey should be basted with its own dripping.

H. L. J.

HOW TO CARVE TURKEY—A turkey having been relieved from strings and skewers used in trussing should be placed on the table with the neck at the carver's right hand, and place the fork in the lower part of the breast then sever the legs and wings on both sides, cutting through the joint next to the body letting these parts lie on the platter. Cut downward from the breast of the white meat as many pieces as may be desired. unjoint the legs and wings at the middle joint. Make an opening in the cavity of the turkey and with each helping serve some dressing.

"It is a poor goose that will not baste herself."

ROAST GOOSE—Prepare the same as turkey, and stuff with the following : Four apples, one onion, one-fourth pound of bread, chopped, add one-half ounce of butter, sage, pepper and salt to taste. Put the goose in a steamer and steam until tender, pricking often with a fork to let out the oil ; then put into dripping pan and roast until done, basting often.

Jubilee, July 1st, 1902.

ROAST DUCK—Truss neatly a pair of ducks. Make a dressing of grated bread, four apples and four onions chopped fine, pepper, salt and sage to taste. Fill the duck, sew up, and roast ; basting often.

Mrs. McDonald.

POTATO DRESSING FOR POULTRY AND GAME—Potato dressing may be used for any fowl, though it is better for ducks and geese. Take two cups of mashed

potatoes, one onion chopped fine, the yolks of two eggs, one half cupful of milk or cream, one tablespoonful of butter, salt and pepper to taste mix and beat well.

DRESSING FOR FOWLS—One quart of bread crumbs grated, one slice of salt pork chopped to a cream; season with salt, pepper, sage and a generous supply of butter; beat in one or two eggs.

Mrs. Wm. H. Walker.

OYSTER DRESSING—One quart oysters; add bread crumbs till you can mold like a loaf of bread; two tablespoonfuls butter, pepper and salt to taste.

BLANQUETTE OF CHICKEN AND RICE BORDER—One cup each of chicken stock and cream, two tablespoonfuls of butter, two scant tablespoonfuls of flour, one egg, a speck of mace, one saltspoon of celery-salt, one pound of chicken, one cup of rice, one teaspoonful parsley, one-half teaspoonful onion juice. Put in the double boiler the stock and cream. Put in the frying-pan the butter and flour and cook until smooth; then add stock and cream gradually; put the mixture back in the boiler; beat the egg light, stir in a little of the hot sauce to prevent curdling, then add it to the sauce in the boiler. Cut the chicken into small pieces—rejecting the gristle—and add it to the sauce; season, and serve on toast, with a rice border

Mrs. A. Mosher.

INDIAN CURRY—One chicken cut in pieces, and well steeped in water, one tablespoonful of curry powder, dissolved in a cup of stock, six onions sliced and a few slices of apples, fried in plenty of butter till brown, let the chicken dry in the saucepan on the stove, then add the curry and stock, and a cold boiled potato to thicken.

en, when the onions are browned, add them to the curry
bring all to a boil, then let it simmer slowly for two
hours.

Miss Winnie B. Cameron,

Edinburgh, Scotland.

CHICKEN PATTIES—Mince chicken that has been previously roasted or boiled, stir into this a sauce made of half a pint of rich sweet milk, into which while boiling a teaspoonful of corn starch has been added to thicken. Season with butter, and salt and pepper to taste. Have ready small patty pans lined with a good puff paste. Bake the crust in a brisk oven, then fill the pans and set in the oven a few minutes to brown very slightly, and serve hot.

Mrs. D. McFarlane.

PANNED CHICKEN—Cut the chicken into convenient pieces for serving; put into a roasting pan with butter cut in small pieces, put the butter on the chicken put into the pan a cup of hot water in which you have dissolved a teaspoonful of salt, use a pan with a cover; cook chicken until it is tender and nicely browned, if it becomes tender without browning take off the cover and baste every ten minutes until brown, serve with chopped parsley sprinkled over the chicken, served with little biscuits split in two, make a brown gravy, boil the heart and liver, chop them very fine and add to the gravy.

Mrs. J. E. Taylor.

CHICKEN TIMBALS—Two tablespoonfuls of melted butter, one quarter cup of stale bread crumbs, two-thirds of a cup of sweet milk, cook five minutes, then add one cup of minced chicken (previously cooked) half a tablespoonful of chopped parsley, two eggs slightly beaten, salt and pepper to taste, turn into a buttered mould and cook for twenty minutes

Miss M. K. Fortune.

FRIED CHICKEN—Wash and cut up a young chicken, wipe it dry, season with salt and pepper; dredge it with flour, or dip each piece in beaten egg and then in cracker crumbs. Have in a frying-pan one ounce each of butter and sweet lard, made boiling hot. Lay in the chicken and fry brown on both sides. Take up, drain, and set aside in a covered dish. Stir into the gravy left, if not too much, a large tablespoonful of flour; make it smooth, add a cup of cream or milk, season with salt and pepper; boil up and pour over the chicken. Some like chopped parsley added to the gravy. Serve hot. If the chicken is old, put into a stew-pan with a little water, and simmer gently until tender; season with salt and pepper, dip in flour or cracker crumbs and egg, and fry as above.

STEWED CHICKEN WITH OYSTERS—Season and stew a chicken in a quart of water until very tender; take it out on a hot dish and keep it warm; then put into the liquor a lump of butter the size of an egg; mix a little flour and water smooth and make thick gravy, season well with pepper and salt and let it come to a boil. Have ready a quart of oysters, picked over, and put them in without any liquor; stir them round, and as soon as they are cooked, pour all over the chicken.

Mrs. A. Robb.

PRESSED CHICKEN—Boil three chickens till tender; bone, and pull to pieces in flakes; season with butter, pepper and salt; then pour over it the broth in which it was boiled, and mix well together. Put it into a pan and press. A fancy-shaped mold improves the shape when turned out.

Mrs. Wm. H. Walker.

CHICKEN PIE—Singe, clean and disjoint two or three chickens ; cover them with boiling water and boil them until tender ; take the meat from the bones, chop the livers and hearts and add them to the gravy ; line the rim of a deep pudding dish with puff paste and place in it the chicken meat which should be cold ; sprinkle over with pepper, salt and a dust of flour and one teacupful of butter, dividing the butter among the layers ; pour in as much of the thickened gravy as the dish will hold, put over the top crust ; cut a gash in the middle and bake it in a brisk though not over hot oven, covering the paste with paper until the pie is nearly done.

The Western Division Ladies' Aid,
St. Andrew's Church.

CHICKEN PIE—Cook the chicken thoroughly. Season with pepper and salt after it is done. Make a good soda biscuit crust, with plenty of butter rolled in. Line the rim of a soup plate or platter with a strip of the pastry. Put the chicken in, free from bones, with as much of the broth as the plate will hold, with a good quantity of butter ; cover with the pastry, making a cut in the center. The back-bone in the center of plate keeps up the crust.

FROG'S LEGS—Skin the legs and wash them, let them stand in cold water all night, dry them on a napkin beat two eggs with a little salt, dip the legs in this, roll them in flour, fry in half butter and lard (considerable in the pan) have butter and lard very hot, season with salt and pepper, and fry as you would chicken, serve hot.

G. W. R.

I must be, an "all round cook."
With knowledge deep and wide.
Know how to cook all kinds of meats.
And vegetables besides.

MEAT AND FISH SAUCES.

"The good things of life are not to be had singly,
But come to us with a mixture."

SAUCE TARTARE—To one cup of mayonnaise dressing, add one tablespoonful of capers, one of chopped cucumber pickles, one of chopped parsley and one teaspoonful of onion juice ; mix well.

Helen Louise Johnson.

WHITE SAUCE FOR FISH—One quart of milk ; add a small slice of onion, two sprigs of parsley, salt and pepper to taste, and boil. Stir four tablespoons of flour and four of butter till light, and mix with a little of the warm milk ; then stir into the boiling milk ; cook eight minutes, and strain.

Miss Parloa's Cook Book.

BROWN SAUCE—Melt and brown one tablespoonful of flour, and one tablespoonful of butter, stir until it is smooth and brown ; then add one cup of stock. Stir until it thickens. Take from the fire and add one tablespoonful of Worcestershire sauce. Season with salt and pepper.

FRENCH MUSTARD—Grate an onion and cover it with vinegar, after it has stood for an hour pour off the vinegar, add a little cayenne pepper and salt and a spoonful of sugar, and mustard enough to thicken, mix and set on the stove and stir until it boils.

Mrs. McCallum.

TOMATO SAUCE—One half of a small onion sliced and fried in one tablespoonful of butter, add one half can of tomatoes, two cloves, salt and pepper. Cook twenty minutes. Thicken with teaspoonful of flour and strain. A little Cayenne pepper and chopped parsley may be added if liked.

CREAM SAUCE—Melt two tablespoonfuls of butter without browning, add two tablespoonfuls of flour and mix until smooth; add two cups of milk or cream, and stir until it thickens. Season to taste with salt and pepper.

Mrs. Botham.

SAUCE HOLLANDAISE—Put two tablespoonfuls of butter and a gill of water into a small saucepan and slowly heat. Then pour this over the yolks of four eggs beaten to a cream, stand it over boiling water and stir until jelly-like. Then add one-half teaspoonful salt, one tablespoonful lemon juice, and a little white pepper. Take a teaspoonful of butter on the end of a knife and so touch it all over the top that the butter will be added little by little. Serve at once. Susie Buel.

TOMATO SAUCE—One pint of tomatoes, one bay leaf, a sprig of parsley, one slice of onion. Simmer fifteen minutes, then strain through a fine sieve. Melt two tablespoonfuls of butter without browning, add two tablespoonfuls of flour and mix until smooth; add to the strained tomato, season with salt and pepper.

Cornelia Bedford.

HORSERADISH SAUCE WITH CREAM—Press from the vinegar two tablespoonfuls of horseradish, add one-

fourth teaspoonful salt and four tablespoonfuls of thick cream whipped to a froth. Serve at once.

Cornelia Bedford.

MINT SAUCE—Three tablespoonfuls of finely chopped mint, two tablespoonfuls of sugar, one half cup of vinegar, stir over the fire until the sugar is dissolved and the vinegar heated through.

CAPER SAUCE—Melt two tablespoonfuls of butter, add one tablespoonful of flour, stir until smooth, then add one and one-half cups of boiling water. Stir over the fire until it thickens. Add two tablespoonfuls of capers. Take from the fire and stir into the sauce the juice of half a lemon and the yolk of one egg. Season with salt and pepper.

Helen Louise Johnson.

HORSERADISH SAUCE—Two teaspoonfuls of made mustard, two teaspoonfuls of white sugar, one-half teaspoonful salt, one gill of vinegar, mix and pour over horseradish.

Miss L. Graham.

BECHAMEL SAUCE—Melt one tablespoonful butter, without burning, add one tablespoonful of flour and mix until smooth. Add one cup of cream, or one half cupful each of cream and stock. Stir continually until it thickens. Season with salt and pepper and just before taking from the fire, add quickly the beaten yolk of one egg.

Mrs. Botham.

CRANBERRY SAUCE—Wash and pick the berries, removing all imperfect ones, put them in a porcelain kettle, to a quart of berries allow a pint of water and a pint of sugar. Boil fifteen minutes or until done, taking care not to mash the berries, pour into dish or a mould.

Mrs. Kraft.

THE EVOLUTION OF A SINGLE SAUCE—The basis of most sauces is made by cooking together an equal quantity of butter and flour for the thickening, or what the French call the ‘roux,’ to this is then added the liquid and the seasoning. Melt the butter, and when hot add the flour and stir well. When a pale straw color, draw the saucepan to a cooler part of the range and slowly add the liquid, stirring well as it thickens to prevent lumping. If for a white sauce, do not let the flour color in making the ‘roux’; but for a brown sauce, let it cook until brown, but take care that it does not burn. Sauces made in this way are much better than when the uncooked flour—flour rubbed to a smooth paste and added to the boiling liquid—is used, as that necessitates a ten minutes boiling, at least, to cook well the flour. By adding the dry flour to the hot butter the starch in the flour is thoroughly and quickly cooked and the butter is all absorbed and converted into an emulsion. If a richer sauce is desired, add more butter in little bits just before serving, and stir until it is all melted and absorbed. Sauce made in this way should be rich and fine flavored in taste, smooth and velvety in appearance. If at all lumpy, rub through a strainer. The simplest and most commonly used, the one which adapts itself best to many different kinds of food, is the white sauce. To make it, melt one rounded tablespoonful of butter, and when hot, add one rounded tablespoonful of flour. When thoroughly cooked, but before it is browned, add slowly one cupful of milk or half milk and half water, one-half even teaspoonful of salt, a dash of white pepper, and cook until it thickens, stirring constantly. If only water is used, this sauce

is known as drawn butter sauce; it becomes cream sauce when only cream is used; and to make Bechamel sauce of it use only white stock—stock made of chicken or veal—or half stock and half milk. If seasoning has been added to the stock from which the sauce is made, the amount of salt and pepper must be varied to suit the taste. In brown sauce the butter and flour are cooked until the flour is brown, and then a rich beef broth is added. Beat the yolks of two eggs well with one tablespoonful of water and pour over them just before serving a cupful of white or Bechamel sauce and mix well—do not put back on the stove to boil or the mixture will surely curdle—and the result is a poulette sauce, which is nice with chicken, oysters, sweetbreads and many vegetables.

White sauce made with milk or thin cream is especially appropriate for many fresh vegetables such as potatoes, asparagus, peas, cauliflower, cabbage onions, etc. It also adapts itself well to left over vegetables reheated. Thus we make creamed potatoes of a white sauce to which is added cold potatoes cut in dice; or to utilize remains of cauliflower, fill it into scallop shells, cover with a spoonful of white sauce, sprinkle with bread crumbs or grated cheese and bake, and the result is scalloped cauliflower.

In preparing creamed fish with oysters, scalloped fish, fish in a rice or potato border, a white sauce is one of the essentials, and it is also an agreeable addition to many preparations of oysters. Numerous delicious made-over dishes of poultry, veal or beef are concocted with the addition of this simple sauce, and so in many delightful preparations of eggs is it harmoniously blended.

To a simple white sauce add minced sweetbread, poultry, veal, oysters or mushrooms or a combination of either, and the result is a most delicious filling for patties, bread boxes or biscuit crusts. The sauce used for binding croquette mixtures is a white sauce made with double the usual quantity of flour. To all these preparations any preferred additional seasoning can be added. Either slice or chop fine two hard-boiled eggs and add to one cupful of white sauce and the result is egg sauce, delicious over toast, or nice with fish, either boiled or baked. To make shrimp sauce, which is greatly esteemed with fish, add to one cupful of white sauce, one-half cupful of shrimp, either left whole or chopped fine, as desired, a dash of cayenne and one tablespoonful of lemon juice. Lobster sauce is also served with fish. To prepare it cut one cupful of lobster meat in quarter-inch dice, dry the coral and powder it, and then add about one-half with the lobster meat, a dash of cayenne and one tablespoonful of lemon juice to one cupful of white sauce.

Oyster sauce is served appropriately with either boiled fish, turkey or chicken. Parboil one cupful of oysters in one cupful of water. Drain and use this water instead of milk in making the sauce, add the oysters and soak one minute, and add one-half tablespoonful of butter and seasoning of salt, pepper and celery salt. If desired, a tablespoonful of lemon juice, a glass of claret or the beaten yolk of an egg can be added at the last moment. Parsley sauce is an agreeable addition to many kinds of vegetables, meats, fish or fowl, and is easily prepared by adding one tablespoonful of chopped parsley to one cupful of the foundation sauce.

Mushroom sauce used with beef, chicken, sweetbread or veal is simply and easily made. In making the foundation use one cupful of milk and one-half cupful of liquor from the can of mushrooms and cook five minutes, then add one cupful of mushrooms, which can be left whole, cut in halves or quarters as desired. A teaspoonful of lemon juice is considered an agreeable addition by many, or the well-beaten yolk of an egg added at the last moment.

For boiled mutton we have caper sauce, which is simply a plain white sauce to which is added two tablespoonfuls of capers and one tablespoonful of their vinegar for each cupful of sauce. A nice substitute for capers is pickled nasturtium seeds.

Thus could we go on giving a seemingly endless variety of names of success, yet all differing from the foundation sauce, only in the added ingredients.

Amelia Sulzbacher.



CROQUETTES.

"To make them one must have a spark of genius."

GENERAL DIRECTIONS FOR MAKING CROQUETTES.

SAUCE FOR CROQUETTE MIXTURE—To this amount of sauce add two cupfuls of chopped meat, one tablespoonful of butter, one tablespoonful of onion juice, two tablespoonfuls of flour, one teaspoonful of salt one cupful of cream, one-fourth teaspoonful of pepper, one egg, dash of cayenne, dash of nutmeg. Put cream into double boiler and scald. Rub butter and flour together, add to the cream and stir until the sauce is thick, add seasoning, remove from fire, and stir in the beaten egg; cook a moment, now add whatever meat desired, and pour on platter to cool. Let stand two hours or more; have ready a beaten egg, then take a tablespoonful of the mixture, roll lightly between the hands into a ball. Have plenty of sifted crumbs on a board, roll the ball lightly on the crumbs into the shape of a cylinder, then drop in egg and roll again in the crumbs. When the lard is hot (see directions for frying) dip frying basket in lard to grease, take out and lay in the basket four croquettes and immerse in the hot fat and cook to a delicate brown. Take from the basket and place on a brown paper in the heater until ready to serve.

SAIMON CROQUETTES—Remove the skin and bone from a one pound can of salmon; scald one-half pint of milk; rub together one tablespoonful of butter and three of flour and add to the scalding milk; cook until a thick paste is formed, then add the yolks of two eggs. Sprinkle over the salmon a teaspoonful of salt, a little

red pepper, tablespoonful chopped parsley and about ten drops of onion juice. Now pour the paste over the salmon, and mix carefully, stand away to cool for at least three hours; then form into cylinder shaped croquettes, dip in egg and bread crumbs, fry in smoking hot fat.

CLAM CROQUETTES—Drain fifty small clams, put them into a double boiler and cook five minutes, then drain, saving this last liquor. Chop the clams very fine; measure the liquor and add sufficient milk to make one-half pint. Scald this in a double boiler; cook one tablespoonful of butter and three of flour in the frying pan, and add the milk gradually; cook until smooth and thick; add the yolks of two eggs, cook a minute and add the clams; take from the fire; add one-half teaspoon salt, a salt spoon of white pepper and a tablespoonful of chopped parsley; mix and turn out to cool. When cold, form into croquettes, dip in egg and bread crumbs, and fry in smoking hot fat.

SWEETBREAD CROQUETTES—Wash and parboil one pair of sweetbreads, then throw them into cold water, remove the outside skin and all the membrane; with a silver knife, chop in rather small pieces. To every cup of meat use one gill of cream, one level tablespoonful of butter, one heaping tablespoonful of flour, the yolk of one egg and one dozen mushrooms chopped fine. If you use fresh mushrooms they must be slightly cooked before chopping; add a teaspoonful of salt, a little pepper, a tablespoonful of finely chopped parsley, ten drops of onion juice; mix and turn out to cool; form into croquettes, dip in beaten egg, roll in bread crumbs, and fry in hot fat.

CROQUETTES.

CHICKEN CROQUETTES—One pint of cream or milk, three tablespoonfuls each of butter and flour, one teaspoon each of salt and chopped parsley, one saltspoon each of pepper and celery salt, yolks of three eggs and one pint of chopped chicken seasoned with the following: one teaspoonful of onion juice, one tablespoonful lemon juice, one saltspoon ground mace, one-fourth saltspoon cayenne. Put the cream or milk in a double boiler; cook the butter and flour in a frying pan until smooth, add the cream or milk gradually, then seasoning; mix well and add the well beaten yolks of the eggs; cook until the eggs stiffens. If not wanted rich omit the eggs. Add enough of this sauce to the chicken to make it soft. Mix well; spread the mixture on a platter and set away to cool. Break two eggs in a dish and beat well. Have ready one pint of sifted bread crumbs, put a thin layer of crumbs on a board, take a spoonful of the mixture and roll, then dip in the egg being careful to have the egg touch every part, then roll in a thick layer of crumbs and fry. Drain on a coarse brown paper. This quantity makes twenty-two croquettes.

Mrs A. Mosher.

CROQUETTES—One pint of cream come to a boil; thicken with two even tablespoonfuls butter and four heaping tablespoonfuls flour. Season with one-half teaspoonful salt, a few grains cayenne pepper. The sauce should be very thick; add a beaten egg just as it is taken from the fire. One-half pound chicken minced very fine; season with one-fourth teaspoonful salt, one teaspoonful chopped parsley, one teaspoonful lemon juice, one teaspoonful chopped celery; stir into the hot sauce; mix thoroughly; spread thin on a platter until perfectly

cold and stiff. Shape croquettes, roll in the beaten white of an egg and cracker dust, and fry.

Mrs. L. C. Wead.

RICE CROQUETTES—Boil one cup of rice in one quart of milk or water until tender. While warm add two eggs, piece of butter the size of an egg. Make into rolls, dip in beaten egg, then in cracker crumbs and fry.

POTATO CROQUETTES—Beat the yolks of four eggs light and add to five cups of freshly mashed potatoes, mix well; then add two tablespoonfuls of chopped parsley, one-fourth cup of cream, one teaspoonful of onion juice, salt and pepper to taste. Mix well, stir over the fire until the potato is heated through; cool; form into croquettes, cover with egg and bread crumbs, sifted, and fry in smoking hot fat. . . . Mrs. Botham.

HOMINY CROQUETTES—Mix two cups of cold boiled hominy with one tablespoonful of hot milk, the beaten yolks of two eggs, one teaspoonful of salt and one teaspoonful of sugar. Mix well that there may be no lumps of hominy left, and stand away to cool. Make into round croquettes, roll in egg and bread crumbs and fry.

FISH CROQUETTES—To every cup of cold, cooked fish, allow one large tablespoonful of flour, one tablespoonful of butter, one-half cup of cream or milk, one tablespoonful of chopped parsley and the yolk of one egg. Season the fish with one-half teaspoonful of salt, a very little red pepper and the parsley. Scald the milk, rub the butter and flour together until smooth, add it to the scalded milk and stir until thick and smooth. Add the beaten yolk, mix well and take from the fire, add the sea-

sioned fish and put aside to cool. When cool form into croquettes, cover with egg and bread crumbs and fry in smoking hot fat.

LOBSTER CROQUETTES—One pint of lobster meat, do not chop but cut with a silver knife and fork. Scald one-half pint of cream or milk; rub together one tablespoonful of butter and three of flour; add it to the milk or cream and stir until a smooth thick paste is formed, add the yolk of the eggs, stir a moment and take from the fire. Sprinkle over the lobster a teaspoonful of salt, saltspoon of white pepper, tablespoonful of chopped parsley, one-half teaspoonful onion juice, grating of nutmeg; mix the seasoning and lobster carefully together, then add to the paste and turn out in a platter to cool. When cold and firm, make into pear-shaped croquettes, dip in egg, then in bread crumbs, and fry in smoking hot fat. A sprig of parsley, or the small claw may be stuck in the end before serving.

MACARONI CROQUETTES—Break three ounces of macaroni into small pieces, put in a kettle of boiling salted water, boil rapidly twenty-five minutes. When done, throw into cold water for fifteen minutes; drain and cut into one-fourth inch pieces. Put a half pint of milk on to boil; rub one large tablespoonful of butter and two of flour to a smooth paste and stir into the boiling milk, stir continually until a thick paste is formed; add two tablespoonfuls of grated cheese, the yolks of two eggs, and cook a moment; add the macaroni, a little salt and pepper, turn out to cool and when cold form into croquettes; dip in egg and bread crumbs and fry in smoking hot fat.

HAM CROQUETTES—Chop ham very fine, season with pepper and mustard; flour the hands and make the meat into small balls; dip in beaten egg, roll in cracker crumbs and fry brown in hot lard.

Mrs. W. J. Morrison.

MEAT CROQUETTES—Take any kind of cold meat; chop fine; have one-third meat and two-thirds boiled rice; a little onion to flavor; moisten with stock; season with butter, pepper and salt; roll in small, oblong rolls, dip in beaten egg, roll in cracker crumbs, drop in hot lard and cook till brown.

Mrs. H.



VEGETABLES.

The vegetables must be just right
For with a critic eye
She scans them, not inclined to pass
Their imperfection by.

NOTE--All green vegetables must be washed thoroughly in cold water and dropped into water which has been salted and is just beginning to boil. There should be a tablespoonful of salt for every two quarts of water. It is well to let old potatoes soak in salted water an hour or two before cooking.

MASHED POTATOES—Steam or boil potatoes until soft, in slightly salted water; pour off the water and let them drain perfectly dry; sprinkle with salt and mash. Have ready some hot milk or cream in which has been melted a piece of butter; pour this on the potatoes, and beat until white and very light, using a silver fork.

Mrs. Botham.

POTATO PUFFS—Take cold meat, either beef, veal or mutton, clear it from gristle, chop fine, season with pepper and salt. Boil and mash potatoes, make them into a paste with one or two eggs; roll out the paste, using a little flour, and cut it round with a small saucer; put the seasoned meat on one-half, fold over like a puff, and fry a light brown.

Mrs. Thomas Cunningham.

SARATOGA POTATOES—Pare potatoes and slice very thin. Lay in cold water before using. Have boiling lard

three inches in depth in a frying kettle. Dry the potatoes thoroughly in a towel, and fry a golden brown. Drain on a double brown paper; salt while hot.

Mrs. Strong.

POTATO PUFF—Two cups mashed potatoes, two tablespoons melted butter; stir these with a seasoning of salt and pepper. Beat two eggs separately and add with six tablespoons of sweet cream. Beat all well together, and bake in a pudding dish until nicely browned.

Mrs. R. H. Crawford.

POTATO BALLS—Take cold mashed potatoes, left from dinner; with floured hands, form into flattened balls; have ready, in a hot frying-pan, one tablespoonful of ham or beef drippings, or lard. Put in the potato balls and fry quickly, so they will have a tender crust.

Mrs. R. H. Crawford.

CREAMED POTATOES—Fill a baking-dish two-thirds full of raw, thinly sliced potatoes. Pour over enough cream sauce to cover. Put bits of butter on the top and bake from three-quarters of an hour to one hour.

Susie Buel.

NEW POTATOES AND CREAM—Wash and rub new potatoes with a cloth and scrubbing brush, boil until done. In a saucepan have some hot rich milk, seasoned with butter or better still, cream. If convenient, add a little green parsley, pepper and salt, drain the potatoes, turn over them this sauce, and let it just come to a boil. Serve hot.

SWEET POTATOES—Boil until tender; peel and cut lengthwise in strips. Put good sized pieces of butter in a baking-tin, lay in the strips, sprinkle over salt and brown.

J.W.

POTATOES COOKED WITH ROAST OF BEEF—One hour before roast is done, peel as many potatoes even size as you wish for dinner, put in the pan with roast, season with pepper and salt turn them so they will be evenly browned, cook until done.

Mrs. A. Loynachan.

LYONNAISE POTATOES—Put a piece of butter, size of an egg, in frying pan, with one small onion sliced. When this is browned, put in slices of cold boiled potato; turn carefully until brown, add a teaspoonful of finely chopped parsley, salt and pepper.

Mrs. H.

POTATOES RAW—Pare and slice them very thin; take as much milk as you think will cover them, and stir into this about a tablespoonful of flour—first in a little of the milk. Then having put them in a dish with as much butter, pepper and salt as will season well, pour milk over them, and bake three-quarters of an hour.

TO COOK HOMINY—Two cups of white hominy soaked in cold water over night; drain well, then add cold water and boil one and one-half hours, stirring often. When done, add a little salt; uncover the saucepan and let it stand a few minutes.

SCALLOPED TOMATOES—Butter a deep pudding dish, put in a layer of bread crumbs, then a layer of tomatoes, thickly sliced, salt and pepper; then a layer of bread crumbs with bits of butter. Repeat in this order till the dish is full, having the top layer of the crumbs. Moisten with a few tablespoonfuls of water. Bake in a hot oven one-half hour. Canned tomatoes may be used also.

STEWED TOMATOES—Peel and slice the tomatoes.

Put a lump of butter in a hot skillet, put in the tomatoes, season with salt and pepper, and cook as rapidly as possible for one-half hour.

A. H. D.

STUFFED TOMATOES—Select good sized and firm tomatoes; cut a circular piece from the top of each tomato. Take out the seeds. Do not spoil the shape of tomatoes. Fill the cavities with the following:—For every six tomatoes allow one-half cup finely chopped chicken, twelve chopped mushrooms, two heaping tablespoonfuls bread crumbs, one tablespoonful chopped parsley and one of melted butter. Bake thirty minutes in a moderate oven. Baste with melted butter.

Susie Buel.

FRIED TOMATOES—Cut the tomatoes in thick slices. Fry in butter; when brown cover with cream and let it just come to a boil. Remove the tomatoes to a hot platter; add the beaten yolks of two eggs to the cream, stir until well mixed and take at once from the stove. Pour over the tomatoes and serve,

S. B.

TOMATOES BAKED—Skin the tomatoes and place them in a porcelain-lined vessel, with one tablespoonful of sugar to one quart of tomatoes. Stew, and when the tomato is done, add some crumbs of lightbread and a lump of butter. Place in a shallow vessel and bake.

Mrs. H. Graham.

CREAMED PARSNIPS—Scrape, slice lengthwise, and boil tender. Put over the fire with two tablespoonfuls butter, pepper and salt, and a little chopped parsley. Shake until the mixture boils. Dish the parsnips; add to the sauce three tablespoonfuls of cream or milk in which has been stirred a little flour. Boil and pour over the parsnips.

PARSNIPS—Boil until tender in a little salted water; take up; cut in strips; dip in beaten egg, and fry in melted butter or lard.

PARSNIPS—Boil them till tender in slightly salted water; remove the skin and mash them; for every cup of parsnips add one-half cup bread crumbs, one egg, pepper and salt to taste. Form into cakes and fry till brown in butter.

CAULIFLOWER—Put cauliflower in a piece of muslin; cook until tender in slightly salted water. Drain and serve with cream sauce or put on bits of butter and pepper.

Mrs. Hawkins.

VEGETABLE OYSTER—Wash and scrape well; cut into thin slices; put in boiling water; cook nearly one-half hour. Drain, if necessary, and add rich milk or cream thickened slightly with corn starch; season well with butter, pepper and salt.

MASHED TURNIPS—Peel turnips, cut into thin slices put salt in the water, boil until tender; pour off the water and let drain perfectly dry, mash and season with butter, pepper and salt.

BOILED CABBAGE—Examine thoroughly and wash carefully to free from insects. Slice in sections and put in boiling salted water, boil until done, but not until water soaked, drain dry, chop fine, season with butter, salt and pepper.

HUBBARD SQUASH—Wash clean; cut in quarters and bake in a moderately hot oven, without removing the skin or shell. When tender, scrape the squash from the shell

with a strong spoon. Season with butter, pepper and salt. If for pies, press it through a wire sieve while warm.

Mrs. J. Maxwell.

SUMMER SQUASH—Wash and wipe dry ; remove the rough end and slice in one-half inch pieces. Roll in flour and fry in hot butter until a light brown. Sprinkle with salt and pepper.

Mrs. J. Maxwell.

BEETS—Clean them nicely, but do not pare them, leaving on a short piece of the stalk ; then put on to boil in hot water. Young beets will cook tender in an hour, old beets require several hours boiling ; when done skin quickly while hot, slice thin into your vegetable dish, put on a little butter, pepper and salt, pour over a little vinegar and serve hot or cold.

SOUTHERN WAY OF BOILING RICE—Pick over the rice, rinse it in cold water until perfectly clean ; then put it in a pot of boiling water, allowing one quart of water to less than a cup of rice ; boil it hard seventeen minutes ; drain off the water very close, and let it steam fifteen minutes with the lid off. When carefully done in this way each kernel stands out by itself, while it is perfectly tender.

MACARONI WITH CHEESE—Break three ounces of macaroni into pieces ; put into a kettle of boiling salted water, and boil rapidly twenty-five minutes ; when done throw into cold water for fifteen minutes ; drain and cut in small pieces. Put a cup of milk on to boil. Rub one large tablespoonful of butter and two of flour to a smooth paste, and stir into the boiling milk. Stir until it thickens ; add two tablespoonfuls of grated cheese, the yolks of two eggs, cook a moment. Put a layer of

macaroni into a baking-dish, then a layer of the sauce, continue till all is used. Sprinkle over bread crumbs and bits of butter and brown in the oven.

Mrs. Wm. Reade.

MACARONI AND CHEESE—Put boiled macaroni into a buttered pudding dish, in layers, with bits of butter and plenty of thickly grated cheese; add a little milk, and put a layer of finely grated bread crumbs over the top. Cover this with bits of butter. Bake in a very quick oven until nicely browned on top.

Mrs. Marshall.

ASPARAGUS—Take the tender part of the asparagus, cut stalks of equal length, and tie in bundles; boil in salted water for twenty minutes. Have ready slices of nicely toasted bread; dip these in the asparagus liquor, butter them, and lay on a hot dish, drain the asparagus untie and arrange on toast, pour over all hot cream, seasoned with butter.

Mrs. M.

STEWED CELERY, CREAM SAUCE—Two or three heads of celery, washed well and cut into small pieces. Cover with boiling water and cook one-half hour. Season with salt. Strain off the water, add a pint of cream sauce, and serve.

Mrs. C. Marshall.

SUCCOTASH—Use double the quantity of corn you do of beans. Cook shell beans until tender in enough water to cover them. Shave the green corn from the cob, and add to the beans; boil until the corn is cooked, add butter, pepper and salt to taste. Add milk if preferred.

Mrs. J. C. Middlemiss.

CABBAGE DRESSING—Boil one cup vinegar, melt a piece of butter the size of a walnut in it. Beat together one egg, one teaspoon each of sugar, mustard, salt, flour, one-half teaspoon pepper. Pour the boiling vinegar on the mixture, stir it well, then back on the stove and boil about one minute. Pour over the cabbage.

Mrs. A. Anderson.

BOILED ONIONS—Boil in three different waters, allowing five minutes to each water, this will remove the odor and make the onions tender. Prepare a white sauce, using for one quart of onions, one tablespoonful and a half of butter, the same of flour, two-thirds of a tablespoonful of salt, one third of a teaspoonful of pepper, and one and one-half cupfuls of milk.

APPLE FRITTERS—Peel and core four apples, cut them in slices, beginning at the small end. Beat the yolks of two eggs light, add a gill of water, a pinch of salt, a pint of flour, beat the whites to a stiff froth and add to the batter. Slip the slices of apple into the batter and fry in hot lard. When cooked, dust with powdered sugar. A nice dessert.

CORN FRITTERS—Beat together two eggs until light add one cupful of milk, one half teaspoonful of salt, one quarter of a tablespoonful of pepper, one can of corn chopped fine stir in sufficient sifted flour to make a drop batter. One tablespoonful of baking powder drop by spoonfuls into smoking hot fat and fry, as soon as well swollen and browned take out with a skimmer and drain on soft paper.

Table Talk.

STEWED CARROTS—Parboil the carrots, then cut them into tiny squares. Cook until tender in slightly

salted water. Drain and pour over them a cream sauce
Season to taste. Mrs. Baker.

CARROTS—Scrape the carrots, and cut them into small pieces; boil until tender; then drain off all the water, and put in milk or thin cream enough to cover them; season well with butter, salt and pepper; thicken slightly with flour dissolved in milk.

Mrs. McVickar.

VEGETABLE STEW WITH DUMPLINGS—Cut two pounds of beef, veal, or mutton, in small pieces and cover with hot water, let it stew slowly until one hour before dinner. Then add one dozen onions, six carrots, cut into quarters, six parsnips, cut into slices, and a small head of cabbage quartered, fifteen minutes before dinner. Season to taste with salt and pepper, put on back of stove, where stew will not boil while dumplings, are added, to make the dumplings, sift three cups of flour and two heaping teaspoonfuls of baking powder, half a teaspoonful of salt, sift again, then stir to stiff batter with rich milk and drop by spoonfuls on the vegetables, cover very closely and cook fifteen minutes. Serve on a large platter, the meat and vegetables surrounded by the dumplings.

Mrs. E. W. Florence.

PARSNIP STEW—Take four good sized parsnips, six medium sized potatoes, and a pound of fat salt pork, scrape and wash the parsnips, split each one lengthwise, then cut in pieces about an inch long soak in cold water, pare the potatoes, cut the pork in inch dices, place in saucepan over the fire cover closely and fry a nice brown. Then put in the parsnips and potatoes, turn often when they are brown, pour enough of boiling water to make

a generous gravy, let it all cook in the gravy till the vegetables are quite tender, serve all together on a hot platter. • Mrs. A. Loynachan.

STRING BEANS—Cut off each end and remove the strings, put in boiling water and cook about two hours, or until tender. Drain, and season with salt, pepper and butter, add a cup of sweet cream.

SHELLLED BEANS—Put beans into salted boiling water and cook until tender, then drain off the water. Season with butter salt and pepper, add hot cream or thicken a little with flour.

PEAS—Shell and put in boiling water, cook one-half hour, drain off the water, and season with butter, pepper, salt and one cup of sweet cream; if liked thicken a little with flour; let all come to a boil and serve immediately.

NOTE—Many serve the last three vegetables without liquid, only seasoning with salt, pepper and butter

BAKED BEANS—One quart of white beans, half a pound of pork, two tablespoonfuls of molasses, one tablespoonful of brown sugar, change the water in boiling the beans three times, cook until tender, then drain them and put them into a bean pot, season with pepper and salt divide the pork in two parts, put one piece in the bottom and the other on top, put molasses and sugar on top of the beans, cover with water and bake slowly all day, as the water cooks away add more water, adding the last water two hours before serving.

Miss Jeannett M. Robb, Valleyfield.

BOSTON BAKED BEANS—To one pint of beans allow one-half pound of salt pork, a large spoonful each of

molasses and salt, one teaspoonful each of sugar and mustard. Soak beans over night; in the morning, put them in fresh water and simmer until tender, but do not let them break to pieces; skim out of this water into a quart bean pot. Mix molasses, sugar, etc., together in hot water enough to fill the pot; cut the rind of pork in squares, and put the pork with the beans; as the water cooks away, fill the pot with more, adding the last water within three hours of serving. Cook slowly from eight to ten hours, or longer.

Mrs. George Noyes.



SALAD AND SALAD DRESSINGS.

"It is a spanish proverb that four persons are necessary for the proper preparation of salad—a spendthrift for oil, a miser for vinegar, a counsellor for salt, and a madman to stir it."

To crisp celery, lettuce, cabbage and all vegetables used for salads, put in ice water for two hours before serving.

To cut turkey, chicken and celery and meats of all kinds it will be found preferable to use sharp shears, instead of chopping knife.

Salads should be served the day they are prepared.

Vegetable Salads should be stirred as little as possible in order that their freshness may be preserved until they are served.

CREAM DRESSING—One cup of cream, two eggs, one to two tablespoonfuls of vinegar, according to sharpness of vinegar, mustard, pepper, and salt to taste, beat eggs, add the cream, pepper and mustard and stir well, then put in vinegar, and cook all slowly stirring all the time till it thickens, remove from the fire and add salt, if cooked too long or rapidly the dressing will curdle; sour cream (not old) may be used also the yolks of three eggs instead of the whole eggs.

DRESSING FOR SALAD—Two raw eggs; eight tablespoonfuls of vinegar, one teaspoonful of mustard, one tablespoonful of butter, beat your eggs and put all in a bowl over boiling water, and stir until it becomes like cream, remove from the fire and add your butter, when cold season to taste with salt and pepper.

Mrs. R. H. Crawford.

We can't suggest anything to take the place of a salad but a salad.

FRENCH DRESSING—Put one-half teaspoonful of salt and a dash of red pepper into a bowl; add gradually three tablespoonfuls of oil and one tablespoonful of vinegar. Beat until you have a whitish dressing.

Table Talk.

MAYONNAISE DRESSING—Put the yolks of three eggs in a soup-plate; add a pinch of salt and stir with a silver fork until the yolks are broken; add the oil, drop by drop at first, being careful to stir in the same direction; adding a drop of vinegar when needed—that is, when the mixture shows globules of oil, or, to use the common expression, "looks oily." As the emulsion becomes thick the oil can be added faster, always stirring, not beating, and adding only acid enough to keep the dressing from curdling. When finished it should be thick and smooth. Season with salt, red pepper, mustard and lemon juice. A perfect mayonnaise should not be strongly acid, as that destroys the flavor of the oil. H. L. J.

SALAD DRESSING—Two eggs, two cups sweet cream, one cup vinegar, three-fourths cup sugar, one teaspoonful each of mustard, salt and pepper. Put all together on the stove and cook, and stir until it becomes as thick as custard. When cold pour over the salad.

Mrs. H. Graham.

MAYONNAISE WITH CREAM—Whip to a stiff froth one-half pint of cream. Just before serving stir this into one-half pint of mayonnaise dressing.

Mrs. J. E. Taylor.

SALAD DRESSING—The yolks of three eggs, half a cup of vinegar one teaspoon of salt, same of mustard

a little pepper, two teaspoonfuls of sugar, butter the size of a walnut ; cook this all together carefully, so that it will not break or curdle ; it will be a thick custard ; let it get cold, thin to the consistency you want with cream or good milk, then beat stiff the whites of the eggs and mix through it ; mix it in a bowl, set the bowl in a pot of boiling water ; stir and watch carefully until done.

Mrs. J. Robb.

CREAM DRESSING—Beat the yolks of two eggs light add two tablespoonfuls of vinegar, one teaspoonful of salt, one-half teaspoon pepper ; cook over hot water until it thickens and put away to cool ; whip one-half cup of cream, add to the cooked eggs, stirring all the time until well mixed ; then put in cold place.

Mrs. Taylor.

BOILED SALAD DRESSING—One egg, and five teaspoonfuls of sugar well beaten, six tablespoonfuls of water, two of vinegar, or five of water and three of vinegar, even teaspoonful of mustard, butter size of egg, cook over hot water till creamy, salt and pepper to taste.

Mrs. A. McDonald.

HAM MOUSSE SALAD—Chop very fine one pint of lean, cold boiled ham. Soak one tablespoonful of granulated gelatine in three tablespoonfuls of cold water, and when soft add one cupful of boiling stock, stir until dissolved. Mix this with the ham, season highly with paprika, mustard, and one teaspoonful of catsup, when cool and beginning to thicken. Stir in lightly one egg well whipped, and add one cup of cream beaten to a froth, turn into wetted mould and stand in a cool place until firm, turn out on platter and serve with Mayonnaise.

TableTalk.

CHICKEN SALAD.—Boil the chicken until tender, free it from bones, cut into small pieces, chop a good sized head of celery and mix with the chicken, season to taste with salt and pepper; make a dressing by beating the yolk of one egg until light, add one-half teaspoonful of each mustard and sugar, and pinch of salt, mix together until smooth, then put in two tablespoonfuls of salad oil, and four tablespoonfuls of vinegar, beat until perfectly light and smooth, and just before serving mix with the chicken. Ms. W. D. McCallum.

CHICKEN SALAD—Chop fine one chicken cooked tender, one head of cabbage and five cold, hard-boiled eggs, season with salt, pepper and mustard to taste; warm one pint of vinegar, add half a teacupful of butter, stir until melted; pour hot over the mixture, stir thoroughly and set away to cool. Mrs. Dewick.

CHICKEN SALAD—Cut cold boiled chicken (better the white only) into dice. In cutting use a sharp knife, so that the meat will be cut and not pulled apart. Cut the celery in small pieces. For every pint of chicken use one cupful of celery. One hour before serving cover the chicken with a French dressing. When ready to use mix the celery with the chicken and pour over a mayonnaise dressing. The usual proportion is one cupful of mayonnaise to every quart of salad. Garnish. Srsie Buel.

POTATO SALAD—To a quart of finely cut cold boiled potatoes, add three hard boiled eggs, one small onion also chopped fine, mix all together and pour over the following dressing, one tablespoonful of salt, one tablespoonful of mustard, one tablespoonful of sugar, two tablespoonfuls of melted butter. Mix together and add

two eggs, one cup of vinegar, and one cup of rich milk. Put in a double boiler and cook until thick.

Mrs. T. B. Pringle.

POTATO SALAD—Cut one quart of cold boiled potatoes in cubes, half a cup of celery chopped, slice two hard boiled eggs, a little onion (scrapped). Put these in alternate layers with the dressing, and let it stand about two hours before serving. Cold beans, or beets, peas, or sliced cucumber, and chopped parsley can be used to combine with the potato.

Mrs. W. Botham.

TOMATO MAYONNAISE—Carefully skin firm, good sized tomatoes. Cut a small lid from the top of each one, and fill the cavity made with mayonnaise. Serve on curly lettuce leaves. Many prefer to slice the tomatoes in rather thick slices and simply serve on the lettuce leaves with mayonnaise. When preparing for stuffing with celery, cucumber, or watercress, after the lid is cut from the tomato, press out as much of the juice and seeds as possible without breaking the tomato. Then fill the cavities with celery cut small and dressed with mayonnaise, or watercress pulled to pieces and dressed in the same manner.

Helen Louise Johnson.

MAYONNAISE OF CELERY—Use only the white stalks of the celery, and cut into pieces one-half inch long. To every cup of celery, allow one-half cup of mayonnaise dressing. Season the celery with salt and white pepper and mix it with the dressing. Never mix dressing with salad until ready to use. Serve in a low salad dish, garnished with the delicate celery leaves, or on individual plates.

Helen Louise Johnson.

TOMATO ASPIC—Put one can of tomatoes, one slice of onion, two bay leaves, a few celery tops, teaspoonful of salt, half a teaspoonful paprika in a sauce pan. Bring to a boiling point and add three-quarters of a box of gelatine which has been soaken in half a cup of cold water for half an hour. Stir until dissolved add the juice of half a lemon and strain. Pour into cups or one large mold. Stand on ice four or five hours. When time to serve turn out on platter and serve with mayonnaise dressing enough for twelve people.

Malone Cook Book.

FISH SALAD—Take cold, boiled, fresh fish, separate carefully; mix with lettuce leaves and stir lightly with a little mayonnaise; make nests of crisp lettuce leaves, put a large spoonful of mixture on each leaf with a spoonful of mayonnaise on top.

Mrs. H.

LOBSTER SALAD—Cut the lobster in small pieces, season with salt and pepper; pour over enough dressing to moisten well; put in the middle of a platter, garnish with lettuce leaves; pour over the remainder of the dressing and put slices of boiled egg and olives' on top.

Mrs. C. Marshall.

SALMON SALAD—Nine hard boiled eggs, one small can of salmon; chop whites of eggs together with salmon fine; rub yolks smooth with a spoon and mix them well with the oil from the salmon, one cup of vinegar, one teaspoonful salt, one of pepper and one of mustard. Mix all well together.

Mrs. A Anderson.

SALMON SALAD—One can of salmon, free from bones and oil, pick salmon to pieces, three stalks of celery

chopped fine, whites of three hard boiled eggs cut into small pieces, mix all together. Use mayonnaise dressing.

Mrs. R. Archibald.

CELERY SALAD—Two heads of celery cut in inch lengths with the above dressing poured over it.

Mrs. Morrison.

CABBAGE AND CELERY SALAD—Take half cabbage and two heads of celery; wash clean and chop fine. Pour over salad dressing.

EGG AND CELERY SALAD—Equal quantities of hard boiled eggs and celery cut in small pieces and mixed with French dressing. Place on individual plates in the center of a lettuce leaf, garnished with mayonnaise and strips of the white of the egg ranged round to stimulate daisy petals.

C. C. B.

BEET AND CELERY SALAD—Slice equal quantities of boiled beets and raw celery; mix them together and pour over the following dressing: Take yolks of two hard boiled eggs, pound to a paste, add two tablespoonfuls melted butter, two of vinegar, one teaspoonful mustard, one-half teaspoonful each of salt and pepper, and four or five tablespoonfuls of rich cream.

Mrs. Cameron.

CABBAGE SALAD—Take one crisp white cabbage, chop fine, season with salt and pepper. Put in a saucepan one pint vinegar, one cup sugar, dessert spoonful mustard, one large spoonful melted butter or salad oil. When hot add one well beaten egg mixed with one tablespoonful of flour; stir and cook; then pour over the cabbage and set in a cool place.

Mrs. J. Lucas.

CABBAGE SALAD—Mix together two tablespoons of butter, one of flour, two eggs, two-thirds of a cup of sugar, one-half cup of vinegar and a pinch of salt. Boil in a double boiler, stirring constantly until it is smooth and thick. Chop half an ordinary sized cabbage very fine and just before serving, mix the dressing (which should be very cold) thoroughly through it.

Mrs. A. Anderson.

VEGETABLE SALAD—Three tomatoes peeled and sliced, one teaspoonful finely chopped onion, one or two cucumbers peeled and sliced; put all on a bed of crisp lettuce leaves, pour over dressing and mix lightly.

Mrs. H.

CAULIFLOWER SALAD—Separate flowrets and boil till tender in salted water; set on ice to cool; arrange neatly with border of pale green lettuce leaves. Cream dressing.

BOSTON BAKED BEAN SALAD—Three cupfuls of baked beans and one cupful of chopped onion mixed lightly together. Use a French dressing. The same quantity of celery may be used cut in small pieces in place of the chopped onion. A nice salad for luncheon with brown bread sandwiches.

Mrs. J. E. Taylor.

WALDORF SALAD—Pare, core and cut into dice four large tart apples, add to them one quart of celery cut into cubes; mix all together with mayonnaise dressing, arrange on a salad dish and garnish with celery tips. Equal parts of apple and celery is a good proportion.

Mrs. John A. McFarlane.

WALDORF SALAD—One cup apples, cut in cubes, one cup celery, half cup English walnuts. Serve on lettuce with salad dressing ; garnish with half walnuts.

BANANA SALAD—Peel and slice bananas, roll in nuts chopped fine, arrange on lettuce leaves, and serve with salad dressing.

SALAD DRESSING—Beat three eggs until very stiff add one cup of sweet cream, mix thoroughly, add one half cup of vinegar, one-half cup of melted butter, a desert spoonful of sugar. Season with salt and mustard. Mix the mustard in a little vinegar so as to avoid lumps. Beat again, set the bowl in kettle of hot water until the dressing thickens.

Miss Millicent Walker.

FRUIT SALAD—Peel and slice three bananas and three oranges, carefully removing the seeds, and mix with the half of a shredded pine apple, and one half of malaga grapes (seeded). Beat together the yolks of two eggs until light colored and thick, add gradually three tablespoonfuls of sifted powdered sugar a pinch of salt, and continue beating until sugar is dissolved, then add the juice of a good sized lemon. Arrange the fruit in layers, pouring a part of the dressing over each layer, and serve as cold as possible, or cream dressing can be used.

Mrs. J. A. McFarlane.



EGGS AND OMELETS.

"The turnpike road to people's hearts, I find, lies through their mouths, or I mistake mankind."

OMELETS—The French omelet, which is thought to be the most perfect of all kinds, is light but not puffy. A puffy omelet can only be had by separating the yolks and whites of the eggs, and whipping each as light as possible, then gently mixing together. In the making of a French omelet, the eggs are broken in a bowl, seasoned and beaten only enough to mix. The pan, with the butter in it, is placed over a very hot fire, and as soon as the butter is melted the eggs are poured in quickly, the pan violently shaken for a moment, and an extra stir or two given with a fork; the half-set mixture is then rapidly and lightly rolled over by means of a spatula or very limber knife, and served without delay. A practiced omelet maker will do all this in less than two minutes. In the puffy omelet which is, perhaps, more familiar to many, the whites and yolks are separated, the yolks beaten, and the whites, to which a pinch of salt has been added, whipped to a froth. The yolks are then poured over the whites and the two gently mixed. This is poured into the pan which is heated and buttered, and set where it will cook slowly. When the under side is firm, which will be in five or six minutes, the omelet may be carefully folded over, or the pan may be set in the oven for a moment or two to dry off the top. A plain French omelet may be transformed into a parsley, ham, tomato,

chicken, pease, or almost any other kind, by spreading over just before it is folded, a few spoonfuls of any of the articles named, after chopping or otherwise preparing them.

Miss Helen Louise Johnson.

SWISS OMELET—Six eggs, white and yolks beaten separately, one half pint milk, six teaspoonfuls of corn starch, one teaspoonful of baking powder, and a pinch of salt, add the beaten whites lastly, and cook in a little butter.

Miss B. McDonald.

OMELET—Five eggs, beaten separately, five tablespoonfuls of milk; to the yolks add the milk, then the whites beaten lightly, have your omelet pan ready with a large tablespoonful of melted butter. Cook carefully on top of stove, and when well set put in over to brown, fold it, and serve. A little boiled ham or any meat chopped fine, may be added if desired.

CORN OMELET—Three eggs, one can of corn, one cup and a half of sweet milk, one tablespoonful of butter, salt and pepper to taste, bake in the oven. A nice dish for supper.

Mrs. Howard Moffatt.

CREAMED EGGS—Six hard boiled eggs, one and one half cups of sweet milk, two level tablespoonfuls of butter, one and half tablespoonfuls of flour, one fourth of a teaspoonful of pepper, two tablespoonfuls of chopped parsley; put the butter flour and seasoning in a sauce pan over the fire, when melted and mixed, add the milk and stir until it thickens. Reserve the yolks of two eggs, add the remainder of the eggs sliced, simmer five minutes, stir in one tablespoonful of the parsley; pour on a hot platter, garnish the top with the remainder

of parsley and yolks pressed through a sieve. Serve immediately.

Mrs. J. E. Taylor.

Eggs beat with a knife will cause sorrow and strife; beat with a spoon will make heavy soon; beat with a fork will make light as a cork.

BAKED EGGS—One tablespoonful of butter, one teaspoonful of flour, one cup of sweet milk, put butter in frying pan, when melted add the flour stir until smooth, pour the milk in gradually stirring all the time, and when it comes to a boil take off of the stove, season with pepper and salt, and pour sauce in a buttered baking dish, break and drop carefully six eggs, into the sauce, bake in a moderate oven. Serve immediately.

Miss J. Stark.

EGGS SCRAMBLED IN MILK—Scald one cup of milk, add to it a piece of butter, one-half the size of an egg, salt and pepper. Break in six eggs and stir briskly with a knife until it thickens.

Mrs. J. Maxwell.

TOMATOES WITH EGGS—Make a thick tomato sauce, as you like it. Pour into a deep platter drop on the sauce poached eggs and serve with graham gems, this makes a nice course by itself.

POACHED EGGS—Have one quart of boiling water and one tablespoonful of salt in a frying pan. Break the eggs one by one, into a saucer and slide carefully into the salted water. Dash with a spoon a little water over the egg, to keep the top white. Cook until the white is firm. Serve on buttered toast.

Mrs. Wm. Reade.

POACHED EGGS—Scald one pint of milk add to it one-half of a tablespoonful of butter and one teaspoonful of salt. Have ready six eggs beaten to a froth; pour them into the boiling milk and stir gently till it thickens, not more than two minutes. Take it from the stove and continue to stir a moment longer. Serve on buttered toast.

Mrs. C. Marshall.

FRIED EGGS—Have the grease very hot and drop the eggs in carefully. Care must be taken that the yolks are not broken, sprinkle with salt and pepper. Baste with the hot grease until a white film forms over them. Remove carefully from the pan.

Mrs. J. Maxwell.

DEVILLED EGGS—Boil five eggs hard. When taken from the hot water cover with cold water to prevent the whites from turning dark. When cool, remove the shells and cut in two. Take out the yolks and press through a sieve. Add one tablespoonful of olive oil or butter, salt, pepper, mustard and vinegar to taste. Fill the whites with the mixtures. Serve on watercress or lettuce leaves.

Mrs. Wm. Reade.

HAM AND EGGS—Cut the ham into thin slices, boil and spread over it a little butter. Poach the eggs in salted water, and lay neatly upon the ham.

Mrs. A. Robb.



CHEESE DISHES, AND SANDWICHES.

"They who have little butter must be content to spread thin their bread"

NOTE—For all kinds of sandwiches it is best to spread the end of the loaf, then slice, as it can be done in this way with more evenness and the slices will be thinner.

WATERCRESS SANDWICHES—Wash the cress and dry in a cloth. Pick the leaves from the stems and season with salt. Lay the cress thickly on the buttered slice, cover with the other and press together.

LETTUCE SANDWICHES—Spread the bread with mayonnaise dressing. Put between the slices from which the crust should be cut, small crisp lettuce leaves. Trim and shape the sandwiches before putting in the lettuce, that it may not have to be cut. Serve as soon as possible after preparing.

CELERY SANDWICHES—Cut the celery fine and mix with a little ice. Butter the bread; dry the celery on a cloth; mix with mayonnaise; spread it on the slice, cover it with another, and cut into the desired shape.

Susie Buel.

EGG SANDWICHES—Put the eggs into cold water, bring gradually to the boiling point and boil for forty-five minutes. This long boiling makes the yolks very mealy. Put into cold water, when cool remove the shells and put through a potato press or fine sieve. To each egg allow one-half teaspoonful of soft butter, a little vinegar, pepper and salt to taste. Mix to a paste; spread on

the bread and use small crisp lettuce leaves between the slices.

Susie Buel.

HAM SANDWICHES—Chop cold boiled ham very fine; fat and lean together, and to every cupful allow one tablespoonful of melted butter, the yolks of two hard-boiled eggs, one teaspoonful of lemon juice, one-fourth teaspoon dry mustard and one-fourth teaspoon of paprika. Pound all to a paste.

BAKED BEAN SANDWICHES—Rub one cupful of baked beans to a smooth paste, add one teaspoonful each of chopped parsley and celery in one teaspoonful of onion juice and one-eighth teaspoonful of made mustard.

SARDINE SANDWICHES—One small box of sardines, yolk of one hard-boiled egg, juice of one lemon, a little cayenne. Drain the sardines, remove skin and bones and mash with a fork. Add the egg yolk rubbed through a sieve, the lemon juice, cayenne and enough melted butter to make a paste. Do not butter the bread but spread the paste directly on it.

CHEESE SANDWICHES—Chop three ounces of cream cheese very fine, then mix it to a paste with a teaspoonful of essence of anchovy and one tablespoonful of butter. Season to taste with salt and white pepper. Spread on thin slices of bread, place the slices together and cut in shape. Serve garnished with parsley or water cress.

For all sandwiches the bread should be two days old. Trim off all crust, butter the end of the loaf, then cut in thin slices. Spread a slice with the ham, cover with a second slice, press together and trim into any desired shape.

DATE SANDWICHES—Stone the dates and chop fine. Sprinkle with a little lemon juice and powdered cinnamon. Use bread made of entire wheat flour.

SWEET NUT SANDWICHES—Chop together one-half cupful of seeded raisins, one cupful of English walnuts; add one-quarter of a cupful of grated cocoanut, one tablespoonful of grated chocolate and mix well together, moistening with sweet cream. Put together as directed.

GINGER SANDWICHES—Chop very fine some preserved ginger and moisten with a little of the thick syrup.

FIG SANDWICHES—Cut or chop fine one cupful of figs; add one-half of a cupful of hot water and cook to a paste; add one teaspoonful of lemon juice and set away until cold. Spread on the prepared bread, dust with finely chopped nuts and put together.

MELANGE SANDWICHES—Chop fine equal parts of candied cherries, and pineapple, dates, walnuts and almonds. Mix and moisten with orange juice and spread on the bread.

LAMB SANDWICHES—Trim all fat from the meat, put through a chopper, season well with salt and pepper and moisten with rich cream. Spread on the bread as directed.

INDIAN SANDWICHES—To two parts of cooked veal or chicken allow one part of cold boiled tongue and to each cupful of the mixture, measured after putting through a chopper, add one tablespoonful of melted butter, one teaspoonful of essence of anchovy and one-half teaspoonful of lemon juice. Butter and cut the bread as

directed, toast each slice golden brown, spread with the filling while hot and put together. Serve cold.

RARE BEEF SANDWICHES—To two parts of chopped lean rare beef add one part of finely minced celery and salt and pepper to taste. Put together as directed.

NUT SANDWICHES—Chop the nuts very fine, making a mixture of one-half almonds, one quarter English walnuts and the remainder hickory nuts. Butter the bread, slice, put on it a thin layer of the chopped nuts, a dust of salt, a surinkle of grated cheese and cover with another slice.

CHEESE STRAWS—Mix three ounces of flour with four ounces of grated cheese add one half teaspoonful salt, a dash of cayenne and the yolks of two eggs. Work this to a smooth paste, stiff enough to roll, add a very little water if necessary; roll out and cut with a cheese straw cutter, or they may be cut with a knife into very thin strips four inches in length. Bake ten minutes in a moderate oven. Angie.

CHEESE DE RELISH—Soak one cup of bread crumbs in one cup of sweet milk; add three eggs well beaten, one tablespoonful of melted butter, salt and pepper to taste, one-half cup grated cheese. Pour into a buttered dish; bake one-half hour. Mrs. Watson.

COTTAGE CHEESE—Take a pan of curdled milk set on the stove or over hot water, heat thoroughly, but do not scald; put a cheese cloth in the colander and pour in the curd; when well drained or slightly squeezed add a little salt and butter and moisten with sweet cream. Make into balls.

Mrs. Jno. A. McFarlane.

CHEESE FONDU—Melt two tablespoons of butter, add four tablespoons of flour and mix till smooth, add one cup of milk or cream; stir continually until it cooks and becomes quite thick, take from the fire, add the beaten yolks of three eggs, mix thoroughly, then add four tablespoons of grated cheese, salt and pepper to taste. Beat the whites of the eggs to a stiff dry froth, add carefully to the mixture, turn into a greased baking dish and bake twenty-five minutes in a quick oven. Serve at once.

Mrs. G. Hawkins.

CHEESE AND CRACKERS—Take one pint boiling water, small piece of butter, little salt and one-half teaspoon mustard; take Boston crackers, split, and put in the above until soaked; butter a pudding dish, and put on first a layer of crackers, then a layer of cheese, &c.; pour over any of the liquor left. Put in a hot oven for twenty minutes, and serve immediately.

CHEESE BONBONS—Add grated cheese to salad dressing, form into balls, press a half walnut meat on one side and serve for lunch.

Mrs. J. W. Woolridge, Midland.

CHEESE SOUFFLE—Three tablespoons flour, one pint milk, three eggs, the bowl of a soup plate of grated cheese, pinch of soda, salt and pepper, one tablespoon of butter. Sift the flour into a saucepan and bruise with butter on the fire till evenly mixed, pour on the milk and stir till thick. Remove from the fire and put in the cheese, yolks of eggs, salt, pepper and soda, put the mixture into a well buttered tin, add beaten whites of eggs, mix thoroughly, bake twenty minutes in a quick oven. Serve at once.

Mrs. A. Cameron.

SCALLOPED HAM AND MACARONI—Break sufficient macaroni into half-inch bits to measure three-quarters of a cupful. Drop it into boiling salted water and boil rapidly until tender, which will take from thirty to forty minutes, according to its thickness. Drain, rinse thoroughly in cold water and drain again. Put through a chopper sufficient cold-boiled ham to measure one heaping cupful. Prepare a white sauce with one tablespoonful of butter, one tablespoonful of flour, one quarter of a teaspoonful of pepper and one cupful of milk. Butter a baking dish and fill with alternate layers of macaroni, ham and sauce, sprinkling the macaroni with a little grated cheese. Add a little salt as desired. Melt one teaspoonful of butter, stir it into two-thirds of a cupful of fine, dry bread crumbs, and spread over the scallop. Bake in a hot oven until the crumbs are golden brown.

Table Talk.



BREAD, BREAKFAST AND TEA CAKES.

"The very staff of life.

The comfort of the husband, the pride of the wife."

Bread and biscuit should rise in a moderately warm place, if too cold it will be heavy, if too hot it will be sour; during cold weather all flour should be thoroughly warmed, dough should be thoroughly kneaded, and care taken that it does not get chilled during the process of rising. Biscuit and rolls require a hotter oven than bread and a longer time to rise.

YEAST—Six large potatoes, three pints of soft water, and one small handful of hops, tied in a bag, boil all together until the potatoes are soft enough to mash. Take one large baking spoonful of flour, one tablespoonful of salt, one-half cup of sugar and one teaspoonful of ginger, mix together. Mash the potatoes and add them to the water in which they were boiled; then pour this over the dry mixture, mix well, and let stand until cool; then add one cup of old yeast. When fermented enough, cork tightly and it will keep a month.

Mrs. A. Philips.

BREAD—One cup of yeast to two quarts of water, luke warm, one large spoonful of lard, one-half cup of sugar and one tablespoonful of salt, flour enough to knead. Let stand over night. In the morning, knead,

shape into loaves, and let rise before baking. The above amount will make six loaves. Mrs. A. Philps.

BREAD—One tablespoon each of sugar, salt and lard; one yeast cake, one quart water, one quart milk; having water and milk luke warm stir in as much flour as possible with a spoon; knead well; after raising knead into loaves, using as little flour as possible. This quantity makes four loaves. Mrs. A. E. McKinley.

BREAD—One yeast cake, three quarts of luke warm water, half a cup of white sugar, one large tablespoonful of salt, dissolve yeast cake in a cupful of luke warm water, half an hour before using, have flour thoroughly warmed before mixing. Stir in enough flour to make a thick batter, let it rise all night, knead up in the morning, let it rise again till light, then knead just enough to take out the air bubbles, shape into loaves, put into pans, let rise and when ready bake in a moderate oven. This quantity will make nine loaves. Miss M. Gilbert.

UNLEAVENED BREAD EATEN BY NATIVES OF INDIA—Nine ounces of flour, butter the size of a walnut, a pinch of salt, two wine glasses of milk, divide into three portions, after mixing into dough, roll out as thin as paper, dredge with flour, cut into rounds, bake in oven from five to ten minutes.

Miss Winnie B. Cameron, Edinburgh, Scotland.

GRAHAM BREAD—Sift about two quarts of Graham flour; take one quart of warm water, one-half cup of yeast, half a cup of brown sugar, half a cup of molasses, one large baking spoonful of lard, and one teaspoonful of salt, knead and let it stand over night, knead again in the morning; shape into loaves, and when light bake.

Mrs. A. Philps.

BROWN BREAD—One cup of oatmeal, half cup of cornmeal, make porridge, when cold take one pint of tepid water half a cup of molasses, one large baking spoonful of lard, one yeast cake knead altogether with white flour, let it rise all night, then knead and put in loaves, when light bake one hour. Mrs. John Robb.

STEAMED BROWN BREAD—Three cups of cornmeal stirred into two cups of boiling milk; when cold add one cup of molasses, one cup of wheat flour, one cup of sour milk, one teaspoonful of soda and one-half teaspoonful of salt; stir well, and steam three hours.

Mrs. Wm. H. Walker.

STEAMED GRAHAM BREAD—Two cups of sweet milk, one of sour milk, one-half cup of sugar, one-half cup of molasses, five cups of Graham flour, one teaspoonful of soda, one teaspoonful of salt; steam three hours.

STEAMED CORN BREAD—One cup of molasses, two cups each of sour milk, cornmeal, and flour, one teaspoonful of salt, two of soda, steam for two hours.

Mrs. T. B. Pringle.

BOSTON BROWN BREAD—One cup of white flour, two of graham flour two Indian meal, three and a half cups of sour milk, one cup of molasses, a little salt, two good teaspoonfuls of soda, beat well and steam four hours, this is improved by setting it into the oven fifteen minutes, after it is slipped from the mold.

Mrs. C. W. Thomas.

To cut warm bread heat a thin bladed knife on the stove, or in boiling water.

RAISIN LOAF—One pint and a half of luke warm water one cup of yeast, one spoonful of salt, one quart of flour, set the sponge in the evening. In the morning add one tablespoonful of lard, one-half cup of sugar, two and one-half pounds of seeded raisins, and flour to knead set to rise when light knead again, shape into loaves and let rise before baking. This will make three loaves.

Mrs. John Paul.

RAISIN BREAD—Set a soft sponge in the evening, with one quart of luke warm water, one yeast cake, and three teaspoonfuls of salt, in the morning add three quarters of a cup of sugar, one-half cup of lard, one pound of raisins or more if liked, knead with more flour, let it rise until very light knead again shape into loaves, put in pans, let it rise in a warm place before baking, bake in a moderate oven one hour.

Mrs. J. Purcell.

CREAM TEA BISCUIT—Cup and a half of sweet cream one teaspoonful soda and two of cream of tartar, and good half teaspoonful of salt. As much flour as will make a soft batter. Roll out and cut with biscuit cutter and cook in quick oven. Miss M. Thompson.

BAKING POWDER BISCUITS—Six cups of flour; into this put three teaspoonfuls of baking powder, two large tablespoonfuls of shortening and one teaspoonful of salt; mix soft with sweet milk, roll out and cut with a biscuit cutter. Bake in a quick oven. This quantity will make twenty-five biscuits. Miss Jennie Robb.

ROLLS—Scald three cups of milk, remove from the fire when luke warm, add one-half cup of yeast, one cup of white sugar, one cup of butter or lard, one tablespoonful of salt, flour to make a stiff batter, let it

rise three hours, then knead stiff, and let stand over night, in the morning, roll out as thin as possible, spread with butter, sprinkle with sugar, then roll up and cut rolls about one inch thick, let rise and bake in a quick oven.

Mrs. J. W. Smellie.

VIENNA ROLLS—One quart of milk, one cup of yeast, four eggs, one cup of sugar, one cup of butter, one quart of flour, cinnamon and currants if liked. Set the sponge in the evening, using half of the butter. In the morning, add a half a teaspoonful of soda before mixing. Knead well and set to rise. When light, roll out the dough about one-half inch thick; butter it and fold it like a roly-poly, cut in slices, and when light, bake in a moderate oven.

Mrs. H. Graham.

HOT ROLL—Scald a pint of milk, and when luke warm add one tablespoonful of sugar, a teaspoonful of salt, and half a cup of yeast. When light, add two eggs and half a cup of butter; knead well, and let rise again, when light, roll out, cut with a biscuit cutter, spread with butter, sprinkle with sugar and fold over. Let rise until light and bake in a quick oven.

Mrs. J. C. Middlemiss.

GOFFLES—One pound of white bread dough kneaded thoroughly; when the dough is smooth knead in two ounces of butter and one ounce of sugar; knead till the butter and sugar are thoroughly mixed; then roll out about one-eighth of an inch thick; cut in six inch squares; place in one corner a piece of jelly, fold over and roll up as tightly as possible, twisting the other ends; place them on a tin sheet and let rise slowly until almost twice their bulk. Beat together one egg and one ta-

blespoonful of cold water, brush gently over the goffles, sprinkle lightly with sugar. Bake fifteen minutes.

Mrs. A. Mosher.

FRENCH ROLLS—One quart of nice light sponge; add to it one-half cup of butter or nice sweet drippings; and one-half cup of sugar; knead as for bread; repeat before preparing for the pans; roll about half an inch thick, cut in rounds, butter the upper half, which is to be folded over, put in a warm place, let rise till very light, then bake in a moderate oven at first that the crust may not harden too soon.

Mrs. W. H. Walker.

PARKER HOUSE ROLLS—Scald one quart of milk; add to it a piece of butter the size of an egg, and two tablespoonfuls of sugar. When luke warm add one-half teaspoonful of salt and one cup of home made yeast; mix with flour, but not too stiff; set to rise, and when light roll out one-half an inch thick; spread with butter, cut with a biscuit cutter, fold over and when very light bake in a moderate oven.

Mrs. McGregor.

HOT CROSS BUNS—An old English recipe is : Set a sponge over night, allowing three cups of sweet milk, one yeast cake dissolved in a cup of lukewarm water, and flour to make a thick batter. Beat vigorously. In the early morning add one cup of sugar, half a cup of melted butter, a grated nutmeg, a little salt, and flour to make a firm dough. Knead well and set to rise in a warm place. When quite light, place the dough on a baking board, well sprinkled with flour, knead again and roll into a sheet half an inch thick. Divide into pieces and mould into large buns. Lay in rows, a little way

apart in a buttered tin, and let them rise in a warm place for ten or fifteen minutes. Mark deeply in the form of a cross, on each bun.

YEAST MUFFINS—Scald one pint of milk; add to it one tablespoonful of butter and two tablespoonfuls of sugar; when lukewarm add one egg well beaten and a scant half cup of yeast, or one-half of a yeast cake dissolved in a little lukewarm water; add flour sufficient to make a drop batter. In the morning it should be very light. Place muffin rings on a pancake griddle, fill two-thirds full of the batter, being careful not to stir it. Bake slowly six or eight minutes, then turn them and bake the other side.

A.H.D

MUFFINS—Two eggs beaten light, two tablespoonfuls of soft butter, one and one-half cups of milk, one and one-half teaspoonfuls of baking powder and three cups of flour.

Miss Watson.

RAISED MUFFINS—Scald one pint of milk, add one tablespoonful of butter and one tablespoonful of sugar. When the mixture is lukewarm and two eggs well beaten, one-fourth of a yeast cake dissolved in a little lukewarm water, and flour sufficient to make a drop batter. Let stand over night, and do not stir in the morning, but lift out lightly with a spoon into gem pans, and bake in a quick oven.

Susie Buel.

MUFFINS—Two-thirds of a cup of sugar, butter the size of an egg, one cup of sweet milk, a pinch of salt, one teaspoonful of cream of tartar, one-half teaspoonful of soda, and two and one-half cups of flour. Have muffin rings or gem pans hot and well greased. Bake twenty minutes in a quick oven.

Mrs. Maxwell.

CORN MUFFINS—Put two cups of yellow cornmeal into a bowl, add two tablespoonfuls of butter, a teaspoonful of salt, and a teaspoonful of sugar. Now, pour over a half pint of scalding milk; mix and when cool, add another half pint of cold milk and one cup flour. Beat until smooth, and then stir in carefully two teaspoonfuls of baking powder, and three eggs beaten light without separating. Bake in gem'pans.

Mrs. H. E. Morris.

CORNMEAL MUFFINS—One-half cup of cornmeal, one and one-half cups of wheat flour, one-half cup of butter, one-half cup of sugar, two teaspoonfuls of baking powder, one egg and little salt, stir all together, then add enough sweet milk to make it as soft as cake. Bake in a quick oven.

Miss Jennie Robb.

GRAHAM MUFFINS—One-half a cup of sugar, one tablespoonful of butter, one egg, one cup of sour milk, one half teaspoonful of soda, two small cups of Graham flour and a pinch of salt. Bake fifteen minutes in a hot oven.

Mrs. C. Marshall.

GRAHAM GEMS—Two and one-half cups of sour milk one egg, half a cup of sugar, one teaspoonful of soda, one teaspoonful of salt, two cups of Graham flour, and one cup of flour. Bake in well greased and heated gem pans twenty-five minutes, in a quick oven.

Mrs. Maxwell.

GRAHAM GEMS—Three cups sour milk, one teaspoon soda, one teaspoon salt, one tablespoon brown sugar, one tablespoon melted lard, one egg beaten. To the egg add milk, then salt and sugar, then Graham flour (with soda sifted in); add the lard, and make the batter so that it will drop, not pour, from the spoon. Have gem pans

very hot, grease, fill, and bake fifteen minutes in a hot oven.

Mrs. D. D. McBain.

GRAHAM GEMS—One pint of sweet milk, one teaspoonful of salt, one teaspoonful of sugar, one egg. Stir in Graham flour until the batter is a little thicker than for griddle cakes.

Mrs. A. McLean.

OATMEAL GEMS—Soak one cup of oatmeal over night. In the morning, add one cup of sour cream and one small teaspoonful of soda, a pinch of salt and flour enough to make a batter that will drop from a spoon. Bake in a quick oven.

Mrs. J. C. Middlemiss.

PUFFS—Three eggs, one cup sugar, two-thirds of a cup of butter, one pint of sweet milk, three pints of flour and three teaspoonsfuls of baking powder. Bake in muffin rings and serve warm.

Mrs. J. C. Middlemiss.

CORN STARCH PUFFS—One cup of sugar, one-half cup of butter, four eggs, one cup of corn starch, two teaspoonsfuls of baking powder; flavor to suit the taste. Bake in gem pans.

Mrs. J. Millar.

POP OVERS—Break three eggs in a bowl and beat them; just enough to mix, add two cupfuls sweet milk. In another bowl sift two cupfuls of flour and one-half teaspoonful of salt. Pour the liquid into the dry mixture and beat for five minutes. Bake in gem pans forty minutes.

Mrs. Johnson.

HUCKLEBERRY CAKE—One cup sugar, butter the size of an egg, one pint sweet milk, two teaspoonsfuls baking powder, one quart berries. Mix to a thick batter and bake in a quick oven.

Mrs. Rossiter.

CORN CAKE—One egg, one cup of sour milk, one-half cup of sugar, one cup of flour, one cup of meal, one-half teaspoonful of soda and one tablespoonful of butter.

Miss Helen Ross.

JOHNNY CAKE—Two cups of cornmeal, one of flour, one-half-cup sugar, small teaspoonful of salt, one cup sour milk, one teacupful of sour cream, one teaspoonful of soda, one large tablespoonful shortening, beat well all together.

Miss Jennie A. Robb.

WAFFLES—Sift one pint of flour and add one teaspoonful of salt. Beat the yolks of two eggs until light, and add to them one cup of milk; add this to the flour with one tablespoonful of melted butter, and beat until light. Beat the whites of the eggs to a dry froth, add to the batter, and beat again. When ready to bake add one teaspoonful of baking power.

Mrs. H. E. Morris.

SOFT WAFFLES—Beat two eggs until very light; add to them one-half pint of milk, and two tablespoonsfuls of soft butter. Beat for five minutes, then add one heaping teaspoonful of baking powder. Dust with powdered sugar and serve hot.

Mrs. L. R. S.

GRAHAM COOKIES—One egg, one cup of sour milk, one-half cup of butter, one cup of sugar, one-half teaspoonful of soda; thicken with Graham flour, and drop on tins.

Mrs. C. A. Wood.

TOMATO TOAST—Prepare the tomatoes as for sauce, and while they are cooking toast some slices of bread very brown, but not burned; butter them both sides and pour the tomato sauce over them. Serve hot.

GRIDDLE CAKES—One quart of sour milk, one teaspoonful of soda, two eggs well beaten, a teaspoonful of salt, a tablespoonful of melted butter and flour to make a batter. Miss D. Whitney.

Miss D. Whitney.

GRAHAM GRIDDLE CAKES—Mix together two cups of Graham flour and one cup of wheat flour, two heaping teaspoonfuls of baking powder and one teaspoonful of salt. Then add three cups of sweet milk, two eggs well beaten, and one tablespoonful of melted butter.

R. H. Hamilton.

WHEAT GRIDDLE CAKES—Three cups of flour, one teaspoonful of salt, three teaspoonfuls of baking powder, three cups of sweet milk, one tablespoonful of melted butter and three eggs beaten light.

Mrs. H. Manning.

GREEN CORN GRIDDLE CAKES—One pint of milk, two cups of grated green corn, uncooked, a little salt, two eggs, a teaspoonful of baking powder and flour sufficient to make a batter to fry on the griddle.

Angie,

RICE GRIDDLE CAKES—One cup of boiled rice, one pint of flour, one teaspoonful of salt, two eggs beaten light, milk to make a thick batter; beat well.

Mrs. E. Clark.

BUCKWHEAT GRIDDLE CAKES—One quart of luke-warm water, make a batter with the buckwheat flour, salt, three-quarters of a cup of yeast; let rise over night; in the morning add a teaspoonful of soda dissolved in boiling water, and a little milk which browns them.

Mrs. Parmelee.

CORNMEAL, GRIDDLE CAKES—One quart of sour mi'k, two eggs beaten light, one teaspoonful of soda, a little salt and one-third as much cornmeal as flour.

Susie Buel.

GERMAN TOAST—One egg, one cup of milk. Dip into this slices of bread; butter a hot spider and brown the bread in it.

OAT CAKE—Three cups of oatmeal, one tablespoonful of lard or butter, pinch of salt rubbed into meal thorough-mix with cold water. Make it of a proper consistency to roll out about the thickness of a silver dollar; cut into large pieces, put it on the griddle on a clear fire. When slightly browned on the underside, take it off the griddle and toast the other side before the fire.

Mrs. Hamilton, Rutherglen, Scotland.

DOUGHNUTS—One cup of sugar, one cup of sweet milk, one tablespoonful of butter, two eggs, one teaspoonful of salt, three teaspoonsfuls of baking powder, a little cinnamon and flour sufficient to roll soft.

Mrs. A. McLean.

DOUGIINUTS—One-half cup of butter, two eggs, one and one-half cups of sugar, two cups of sweet milk, two teaspoonfuls cream of tartar, one teaspoonful of soda, nutmeg, salt and flour sufficient to roll.

Mrs. Maclaren.

CRULLERS—One cup of sugar, one cup of sweet mi'k, two eggs, four small tablespoonfuls of melted lard, two teaspoonfuls of baking powder, salt and flour to roll. Cut in three inch squares; make three slits in the cen-

ter of each; twist the four divisions and pinch the ends of the squares together. Fry in very hot lard, and sprinkle with pulverized sugar. Mrs. W. H. King.

DOUGHNUTS—One cup of sugar, two eggs, one cup of sour milk, one teaspoonful of soda, a pinch of salt, three tablespoonfuls of melted butter, flour to roll out soft. Mrs. Rowat.

DOUGHNUTS—One cup of sugar, butter half the size of an egg, one and one-half cups of sour milk, one egg, one small teaspoonful of soda, a little salt and nutmeg, and flour sufficient to roll. Mrs. R. Smith.

FRITTERS—Two eggs, two cups of sour milk, a little salt, soda, and flour to make quite a stiff batter. Drop by spoonfuls into hot lard. Eat with maple syrup. Mrs. Wells.

RAISED DOUGHNUTS—Sponge at night by putting one and one-half pints of flour in a deep bowl, one pint of milk (scalded and cooled), one half cup of yeast or one yeast cake, one small teaspoonful of salt, one cup of sugar, one-half cup of butter and lard mixed cold into the sponge, and two eggs well beaten, in the morning work in flour enough for medium stiff dough, knead well and cut with a knife, let this rise, when light knead slightly, roll out, cut into cakes, put on a board and when sufficiently light, fry in lard.

Mrs. J. A. McFarlane.

AN EASY WAY TO SUGAR DOUGHNUTS—Have ready a small, clean paper sack with half a cupful of powdered sugar in the bottom, drop your cooked doughnuts into the sack and shake about a few times. Your doughnuts will be evenly sugared.

PLAIN FRITTERS—Beat together three eggs until light, add to them one cup full of sweet milk, half a teaspoonful of salt, one tablespoonful of sugar, two teaspoonfuls of baking powder and sufficient flour to mix to a drop batter, have ready a kettle partly filled with smoking hot fat; drop into it a few spoonfuls of the batter and as they rise turn them that they may brown evenly, as soon as well risen and brown take out with a skimmer and drain on soft paper.

Mrs. E. Geissler, Bridgeport.

DOUGHNUTS—Hot doughnuts go well for lunch on a cold day and a simple recipe for them will be appreciated. Beat together an egg and half of a cupful of sugar, add one-quarter of a teaspoonful of salt and one-half of a teaspoonful of grated nutmeg and cinnamon mixed, half of a cupful of milk, one cupful of flour, one heaping teaspoonful of baking powder and enough more flour to make a soft dough. Roll, cut out and fry in smoking-hot fat.



PASTRY AND PIES

"Compounded of many simples"

PUFF PASTE—One pound of flour and a little more for rolling pin and board; half pound of butter; half pound of lard; cut the butter and lard through the flour (which should be sifted) into small thin shells, and mix with sufficient ice water to roll easily. Avoid kneading it, and use the hands as little as possible in mixing.

Mrs. A. Philips.

TART CRUST—One cup of lard, one tablespoonful of white sugar, white of one egg, three tablespoonfuls of water, salt, flour to roll out.

Mrs. A. McLean.

PUFF PASTE—One pint of flour, one-half pint of butter, one egg, one gill of ice water. Mix the flour, part of the butter, the beaten egg yolk, and ice water to a paste. Roll out very thin, put the rest of the butter in the center of this sheet; turn the corners of the paste up over the butter, and roll it out four times; set in a cool place for an hour; roll out again, and cut into tart shells or top crusts for pies.

Mrs. T. White.

PASTRY FOR ONE PIE—Sift a level teaspoonful of baking powder with a coffee cupful of flour and a pinch of salt; into this chop with a knife two tablespoonfuls of lard, working thoroughly but quickly; then stir in a quarter of a cup of ice water, and set the dough on the ice to chill.

Miss M. Pringle.

CHOCOLATE PIE—Two blocks of chocolate grated, two heaping tablespoonfuls of corn starch, butter the size of an egg, one cup of sugar, two cups of milk, the yolk

of two eggs; make a custard of the above; bake in a single crust, and frost with a meringue.

Mrs. H. Wells.

COCOANUT PIE—One pint of milk, one cup of prepared cocoanut, one cup of sugar, three eggs. Mix cocoanut, sugar and yolks of eggs together; stir in the milk, and bake with under crust only. Make a meringue of the whites and three tablespoonfuls of sugar, spread over the top and return to the oven to brown slightly. A.H.D.

CARAMEL CUSTARD PIE—Place half a cup of sugar in a clean, dry frying-pan, stir until it melts and turns slightly brown, then add two tablespoonfuls of water, mix thoroughly; add to this one pint of hot milk, and remove from the fire; stir until well blended, then pour the whole over three well beaten eggs. A teaspoonful of vanilla may be added, but many prefer the caramel flavor. Bake in a crust till set.

Miss M. Pringle.

DATE PIE—Two cups of milk, one-third of a pound of dates, two eggs, a little salt, a few gratings of nutmeg, stone the dates, and cook in milk twenty minutes, in double boiler, then rub through a sieve, sweeten to taste add eggs and salt, bake as you would a custard pie.

Mrs. Putnam.

RAISIN PIE—One cup of raisins, cook for ten minutes in one and one-half cupfuls of hot water, one egg, sweeten to taste, small piece of butter, pinch of salt. It can be made with one or two crusts as desired. If made with one crust, after the pie is baked cover with white of one egg beaten stiff with one tablespoonful of sugar, brown slightly in oven.

Mrs. W. McDonald.

CRANBERRY PIE—Pick one quart of cranberries free from imperfection and wash them in cold water, put them in saucepan with one pint of water, cook slowly until berries look soft, then add one and one-half cups of sugar cook five minutes, pour into dish and when cold, make your pie with or without upper crust.

Mrs. D. F. Walker.

PRUNE PIE—Soak one pound prunes over night. Boil in same water till soft, and sweeten to taste. Sprinkle lower crust with flour, then cut in prunes which have been stoned. Put on upper crust and bake.

Mrs. W. McDonald.

RHUBARB PIE—Peel rhubarb and cut into one-half inch pieces, pour boiling water over it let stand ten minutes, drain very dry, put pie crust on plate and fill with rhubarb, sprinkle with one cup of sugar, and bits of butter, sprinkle with a little flour, wet the edge of the bottom crust and put on the cover, pressing the two together with the palm of the hand.

Miss M. Mcfarlane.

DRIED APPLE PIE—One quart of apples soaked over night, pour off water put in saucepan cover with boiling water, cook until done, mash fine, then add sugar to taste, boil slowly for half an hour, then take off the fire and when cold season with cinnamon and nutmeg, this makes four pies.

Mrs. R. H. Crawford.

GREEN TOMATO MINCE MEAT—Half peck of green tomatoes, two pounds brown sugar, one pound of raisins, one lemon, one tablespoon cloves, one tablespoon of cinnamon, half tablespoon of allspice, half tablespoon of salt, chop tomatoes fine add sugar and spices, boil two hours,

then add raisins stoned and chopped lemon grated and juice, boil ten minutes longer. Mrs. Abbott.

APPLE PIE—Fill the pie crust with sour, juicy apples, pared and sliced thin; put on the upper crust; and bake until the apples are soft. Remove the upper crust; add sugar to taste, a small piece of butter, and a little grated nutmeg; stir carefully through the apples and replace the crust. Mrs. A. Philps.

APPLE PIE—Line a pie plate with pastry, making edges as for custard pie. Pare tart, juicy apples, slice thin and fill the plate, strew sugar thickly over with bits of butter, and season with nutmeg, or cinnamon, and add a little water, wet the edge of the bottom crust and put on the cover, pressing the two edges together, to prevent the escape of the juice. Bake in a moderate oven. Mrs. G. B. Tully.

MINCE MEAT—Salt and pepper the meat and measure it; for one quart of chopped meat use one pint of chopped suet, three quarts of chopped apples, two pounds of sugar, one pint of molasses, one and one-half pints of sweet cider, one pint of boiled cider, three nutmegs, two teaspoonfuls of ground cloves, three tablespoonfuls of ground cinnamon, two teaspoonfuls of essence of lemon, one and one-half pints of seeded raisins, citron and currants if you wish. Simmer till the apple is tender. Mrs. J. Robb.

PIEPLANT PIE—One coffee cup chopped pieplant; pour over boiling water, and allow it to boil a moment; drain well; then add one cup of sugar, one tablespoonful of flour, yolks of two eggs, butter the size of a walnut, and the juice of one lemon. Use whites of eggs for meringue. Susie Buel.

LEMON PIE—Grated rind and juice of one lemon, one cup of sugar, yolks of two eggs, one cup of water, and one tablespoonful of corn starch; put all in a small tin pail, set the pail in pot of boiling water and boil until the mixture becomes thick. Make a nice puff paste, line plate and cook paste alone; when baked a very light brown, pour in the mixture, frost with meringue and brown lightly.

Mrs. A. Philps.

CREAM PIE—Scald together one and one-half cups of milk and one-half cup of sugar; piece of butter the size of a walnut; add to this one-half cup of milk, one tablespoonful of corn starch, yolks of two eggs, and a pinch of salt; season with lemon; when about as thick as cream, put it into a crust that has been baked first; frost with a meringue and brown in the oven.

Mrs. W. C. Stevens.

LEMON PIE—One and one-half tablespoonfuls of corn starch, one cup of hot water, two lemons, rind grated, one cup of sugar, yolk of one egg, piece of butter the size of an egg. Frost with meringue.

Mrs. Boyd.

PUMPKIN PIE—Stew the pumpkin until quite dry. For one pie use one pint of milk, one cup of stewed pumpkin, two eggs, sugar, salt, and ginger to taste.

Mrs. R. Smith.

LEMON CUSTARD PIE—Beat the yolks of three eggs light with one cup of sugar; add the juice and grated rind of one lemon. Mix two tablespoonfuls of flour smooth with a little cold water, then fill the cup with boiling water; stir until perfectly smooth. Add this carefully to the eggs and sugar. Bake in a single crust.

Make a meringue of the white of the eggs and sugar, or if you prefer the whites in the pie, beat them with the yolks.

Miss Johnson.

LEMON PIE—Mix one-quarter of a cup of soft cracker crumbs with one tablespoonful of melted butter ; add one cup of finely chopped apples, the juice of two lemons and the rind of one. Then mix with two cups of sugar, stirring until it is nearly dissolved. Beat the yolks of two eggs until light. Beat the whites to a stiff froth, and mix them with the yolks. Stir the eggs in the other ingredients ; mix well ; turn into a pie plate using only an under crust, and bake in a moderate oven.

Miss Johnson.

MARLBOROUGH PIE—Grate six apples ; add one cup of sugar, three tablespoonfuls of melted butter, four eggs, juice and grated rind of one lemon. Bake in a single crust and frost.

Mrs. Maclaren.

MORAVIAN APPLE PIE—Pare six even-sized apples, core without breaking them. Stew until tender, with a teaspoonful of lemon juice, and a very little of the yellow of the peel, one cup of sugar, a little water. Fill bottom of the pie with peach or orange marmalade, put in the whole apples and fill the cavities with marmalade. Put strips of crust across the pie, and bake in a quick oven. Serve with cream.

S. B. B.

STRAWBERRY SHORTCAKE—One quart of flour, three teaspoonfuls baking powder, one teaspoonful of salt, and if preferred sweet, two tablespoonfuls sugar. Sift twice to mix well. Rub into this four tablespoonfuls of butter, and one and one-half cups of milk ; mix quickly and place on a well floured board. Have ready

two buttered pie plates ; cut the dough in four parts ; place a layer of dough on each plate ; butter well, then add another layer of dough ; bake in a hot oven. When done, separate the hot cakes ; add the berries which have been well sweetened an hour before ; arrange the berries between and on the top and serve immediately.

Mrs. M. Pringle.

ORANGE PIE—Beat to a cream one-half cup of sugar and one tablespoonful of butter ; add the beaten yolks of four eggs, the grated rind and juice of two oranges, and then the whites of the eggs beaten to a stiff froth. Bake with one crust.

Mrs. A. Philps.

MOCK MINCE PIE—Two soda crackers, one cup of butter, one cup of molasses, two cups of brown sugar, one cup of raisins, one-half cup of vinegar, one teaspoonful of cinnamon, one-half teaspoonful of allspice, one-half teaspoonful of nutmeg. First pour over the crackers one and one-half pints of boiling water, cover tight, and let stand until the other ingredients are ready ; then mash fine the crackers, and mix with the rest. This will make three pies.

Miss Black.

LEMON PIE—The juice of three lemons, two cups of water, three tablespoons of corn starch, two cups of sugar, six eggs, the whites of three reserved for frosting, a piece of butter the size of an egg. Wet the corn starch with a little cold water and add it to the boiling water, stir and when it boils pour it on the sugar and butter ; when it cools a little, add the eggs well beaten and the lemon juice. Frost when done.

Mrs. A. McLean.

CUSTARD PIE—One pint of milk, three eggs, pinch of salt, three and one-half tablespoons sugar, flavor to taste. Bake carefully. Miss Mary Meehan.

SHORTCAKE—One-quarter cup of butter, half a cup of sugar, one egg, quarter cup of milk, one cup of flour, two teaspoonfuls of baking powder, one-quarter teaspoonful of salt; cream the butter, add sugar gradually, then the eggs well beaten; sift and mix flour, baking powder and salt, add flour alternately with milk; beat mixture well and cook in a round buttered pan. When done, split open and fill with fruits.

Miss B. F. Blackwood.



PUDDINGS.

"Praise us as we are tasted,
Allow us as we prove."

PLUM PUDDING—One cup sugar, one cup of suet, two cups of flour, two cups of bread crumbs, two cups of raisins, three eggs, three-quarters of a cup of sweet milk, one small teaspoonful of soda, one ounce of citron, cinnamon and cloves, salt, steam three hours.

Mrs. A. Maclaren.

PLUM PUDDING—One pound of butter, one pound of suet, one pound of sugar, two and one-half pounds of flour, two pounds of raisins chopped fine, two pounds of currants, one-half pound of citron, sliced thin, two eggs, whites and yolks beaten separately, one-half pint of milk, one-half ounce of cloves, two grated nutmegs, one cup of bread crumbs. Boil five hours.

Mrs. A. Maclaren.

PLUM PUDDING—One pound of raisins, one pound of currants, one pound of suet, three-quarters of a pound of bread crumbs, a quarter of a pound of flour, one-quarter of a pound of brown sugar, half a pound of any kind of candied peel, half a nutmeg, half pint of preserved juice, plum, gage or currants. Boil six hours at time of making, and six hours more when wanted for use.

Mrs. John D. McDonald.

PLUM PUDDING—One pound of suet chopped fine, one pound of butter, one pound of sugar, two and one-half

pounds of flour, two pounds seedless raisins, chopped fine, two pounds of currants, one quarter pounds citron shredded fine, twelve eggs beaten separately, one pint of milk, half ounce of each, cloves, mace, and two nutmegs grated, half pound of candied cherries; cream butter and sugar and beat in the yolks next put in the milk then flour, add spices, whites of eggs, and lastly the fruit well dredged with flour, mix thoroughly pour into small moulds and steam ten hours.

Mrs. Frank F. Gary, Midland.

MIDLAND.

Of sauces and dumplings, puddings sweet
(They make my mouth quite water)
I'll have them all, just up to date,
And teach them to my daughters.

STEAMED PUDDING—One cup each of molasses and water, a quarter of a cup of butter, one cup of stoned chopped dates, half a cup of stoned raisins, one cup of flour one and one-half cups sifted graham flour, one teaspoonful of cinnamon, half a teaspoonful of cloves, half a teaspoonful of salt, one teaspoonful of soda, steam two hours, serve with hard sauce or whipped cream.

Mrs. G. Hawkins.

GRAHAM PUDDING—One cup of chopped suet, one cup of sweet milk, one cup of molasses, one tablespoonful of butter, one cup of raisins, one teaspoonful of soda, two teaspoonsfuls of cinnamon, half a cup of graham flour, one cup of bread crumbs. Steam three hours.

Miss M. Walker.

SUET PUDDING—One cup of chopped suet, one cup of raisins, stoned and chopped, one cup of currants, one raisins, stoned and chopped, one cup of currants, one

cup of molasses, half cup of brown sugar, one cup of sour milk, one teaspoonful of soda, one egg, a pinch of salt, four cups of flour, one teaspoonful of cinnamon and half teaspoonful of cloves. Steam three hours. Serve with rich sauce.

Mrs. W. Scott.

DATE PUDDING—Half cup of suet, half cup of brown sugar, half pound of dates, two cups of oat flakes, three eggs, two tablespoonfuls of molasses, juice of one lemon, half teaspoonful of soda, and the same of salt. Steam three hours.

Mrs. M. Lawrence, San Francisco.

GRAHAM STEAMED PUDDING—One egg, one cup of molasses, one large, tablespoonful of butter, one cup of sweet milk, one cup of raisins, one teaspoonful of soda, two cups of graham flour. Butter the mold, and spread a piece of buttered paper over the pudding, steam two or three hours.

Mrs. J. Lucas.

STEAMED PUDDING—One-half cup of chopped suet, two cups of flour, one teaspoonful of cream of tartar, one-half teaspoonful of soda, a little salt; mix well, add milk enough to make a stiff dough. Put it in a buttered pudding dish in layers with preserves between; begin and end with the dough. Steam one hour and twenty minutes. This quantity will make three layers.

Mrs. Buchanan.

FIG PUDDING—Chop one cup of suet, add two cups of bread crumbs, one pound of figs chopped fine, one and three-quarters cups of milk, one-half of a cup of sugar and three eggs beaten light without separating. Steam three hours. Serve hot with foamy sauce.

Table Talk.

RAISIN PUFFS—One-half cup of butter, one of sugar, one of sweet milk, and two of flour, two eggs, two teaspoons of baking powder, one cup of raisins stoned and chopped; cream butter and sugar; add eggs well beaten; mix flour and baking powder and add flour and milk alternately to the above mixture, then add fruit with a little flour sprinkled over it. Steam in cup three-quarters of an hour, place cups in steamer when the water is boiling and do **not** take off the cover until the pudding is cooked. Serve with whipped cream.

Malone Cook Book.

CARROT PUDDING—One cup of grated raw potatoes, one cup of raw carrots grated, one cup of suet chopped fine, one cup of brown sugar, one and one-half cup of raisins one and one-half cup of flour, one teaspoonful of soda, a very little spice, a pinch of salt, steam from three to four hours, one cup of chopped nuts if liked.

Miss B. Gordon.

CARAMEL PUDDING—Put one and one-half cup of brown sugar, in a clean frying pan and stir over a moderate fire till it melts, and browns, take three tablespoonfuls of corn starch, four cups of sweet milk, dissolve corn starch in a little milk, half a cup of chopped walnuts, a little salt, heat the milk and thicken with corn starch, pour the thickened milk over the sugar, stirring constantly to prevent lumps, add the nuts, pour into a mold or twelve small cups.

Mrs. C. W. Thomas.

CHOCOLATE PUDDING—Make a custard of one quart of milk, five eggs, one cup of sugar, and one-quarter of a teaspoonful of salt, cook in a double boiler, five minutes before taking from the fire, add three heaping ta-

blespoonfuls of grated chocolate rubbed to a paste with a little cold milk; stir until the custard is a rich coffee color. When cold, flavor with vanilla, and put into glasses. Whip the whites of three eggs to a froth with three tablespoonfuls of sugar, and put over the top.

A. H. D.

DELICATE PUDDING—Two-thirds of a cup of orange juice, one-third of a cup of lemon juice, one cup of water, the whites of three eggs, three tablespoons of corn starch, a pinch of salt, and sugar to sweeten. Put the fruit juice and water on the stove, sweeten to taste, and when boiling put in the corn starch dissolved in a little cold water. Boil slowly ten minutes; take from the fire and add the whites of the eggs stiffly beaten. Mix well, pour into a mold and serve very cold with a boiled custard made of the egg yolks.

Mrs. C. Skinner.

LITTLE CARAMEL PUDDINGS—Put four tablespoonfuls of granulated sugar in a clean frying-pan, and stir over a moderate fire till it melts, being careful not to let it become too dark. Divide this in six small cups or molds, turning each so that the bottom and part of the sides may be coated with the caramel. In a bowl beat together three eggs and four tablespoonfuls of sugar; add one and one-half cups of milk and one teaspoonful of vanilla. Fill the mold with this mixture, set in a pan of hot water, and bake in a moderate oven till firm in the centre. Serve ice cold on individual pudding dishes.

Miss Addie Stevenson.

MOUNTAIN DEW PUDDING—Three crackers rolled fine, one pint of milk, yolks of two eggs, butter the size of a walnut. Sweeten to taste; bake one hour, make meringue of the whites of the eggs and sugar.

Mrs. McGregor.

INDIAN PUDDING—Scald one quart of milk, add three tablespoonfuls of corn meal and cook twelve minutes; then add one tablespoonful of butter, three eggs, four tablespoonfuls of sugar, one-half teaspoonful of ginger, and a pinch of salt. Bake until set.

ESTELLA PUDDING—Three eggs well beaten, two and one-half tablespoonfuls of sugar, two tablespoonfuls of butter, three-fourths of a cup of sweet milk, one cup of chopped raisins, one teaspoonful of baking powder, flour to make of the consistancy of cake batter. Steam thirty-five minutes.

Miss J. Black.

COLD TAPIOCA PUDDING—One cup of tapioca, five small cups of cold water, soak over night. Put in a rice boiler and boil until perfectly clear. Just before taking from the fire, add one cup of sugar, juice and rind of one lemon, salt. Serve cold with sugar and cream.

Mrs. Wm. H. Walker.

KISS PUDDING—One quart of milk, three tablespoonfuls of corn starch, four eggs, one-half cup of sugar, a little salt. Put part of the milk with the sugar and salt on the stove, and when it boils add the corn starch dissolved in the remainder of the milk. Stir and cook, and when thick, add the yolks of the eggs well beaten. Pour the mixture into a pudding dish and over the top put a frosting made of the whites of the eggs beaten to a stiff froth with one-half cup of sugar. Put on part of the frosting and brown in the

oven. Sprinkle over grated cocoanut, after putting the frosting reserved over the browned frosting.

Mrs. A. McLean.

MOUNTAIN PUDDING—One pint of milk, the whites of three eggs, two tablespoonfuls of corn starch, three of sugar, and a pinch of salt. When the milk boils, add the sugar, salt, and corn starch dissolved in a little cold milk; lastly the whites of the eggs beaten to a stiff froth. Pour into cups, and when cool turn out on a small platter, and serve with a boiled custard poured over the mountains.

Mrs. A. McLean.

PEACH COBBLER—Line a deep dish with a rich biscuit crust. Pare and cut into halves some juicy, tart peaches, sprinkle over sugar, and stew slightly; pour into the lined dish, and cover with the crust. Bake until the crust is done. Serve with cream.

White House Cook Book.

APPLE TAPIOCA—Soak one cup of tapioca in cold water for three hours; cook till clear; sweeten, and add a pinch of salt. Pare and core enough apples to cover the bottom of a pudding dish; put a small piece of butter and a little sugar in the cavity of each apple; pour over the tapioca and bake until the apples are tender. To be eaten with cream and sugar.

Mrs. Wm. Reade.

COCOANUT PUDDING—One cup of milk, one tablespoonful of corn starch, one tablespoonful of white sugar, three tablespoonfuls of cocoanut, the white of one egg; beat all together, then add to two cups of boiling milk; when thick, turn into molds.

Mrs. Buchanan.

APPLE PUDDING—Fill a buttered baking dish with sliced apples; pour over the top a batter made of one tablespoonful of butter, one-half cup of sugar, one egg, one-half cup of sweet milk, and one cup of flour in which has been sifted one teaspoonful of baking powder. Bake in a moderate oven. Serve with cream and sugar or liquid sauce. Peaches are very nice served in the same way.

BAKED APPLE PUDDING—One quart of flour, two large tablespoonfuls of shortening, three teaspoonfuls of baking powder, salt, milk to make a soft dough. Line the sides of a buttered baking dish with the pastry, fill with apples, sprinkle over sugar and bits of butter, put on a cover of the pastry, cutting a slit in the center, and bake in a moderate oven till the apples are done. Turn out on flat dessert dish having the apples on top. Serve with sauce. Angie.

SNOW BALLS—Beat the yolks of three eggs light, then add gradually one cup of sugar. When very light, add two tablespoonfuls of milk, one cup of flour and beat again. Beat the whites of the eggs to a stiff, dry froth, add to the batter with one rounded teaspoonful of baking powder. Fill well buttered cups two-thirds full and steam for twenty minutes or one-half hour. Roll in powdered sugar and serve with foamy sauce or whipped cream. Angie.

LEMON PUDDING—Scald one pint of milk and thicken with two tablespoonfuls of corn starch; when well cooked, add one tablespoonful of butter, one cup of sugar, the yolks of four eggs, the juice and grated rind of one lemon; lastly, the whites of the eggs beaten to a stiff froth. Mrs. Maclareen.

DATE PUDDING—Soak three-fourths of a cup of tapioca in cold water for two hours ; add a little salt, and one-half cup of sugar ; cook until transparent. Remove the stones from one pound of dates. Butter a pudding dish, put in the dates, pour over the tapioca, and bake nearly one hour. To be eaten either hot or cold with whipped cream.

Mrs. Buchanan.

ORANGE PUDDING—Cut five or six oranges in small pieces ; put in a pudding dish ; sprinkle over them one cup of sugar ; make a boiled custard of one pint of milk, yolks of three eggs, one-half cup of sugar, one tablespoonful of corn starch ; pour this over the oranges ; make a meringue of the beaten whites of the eggs and three tablespoonfuls of sugar ; brown slightly in the oven.

Mrs. Jones.

QUEEN OF PUDDINGS—One pint of bread crumbs, which should be dried thoroughly in the oven and crushed before using, one quart of sweet milk, yolks of three eggs, three quarters of a cup of sugar, one tablespoon of melted butter, a pinch of salt, when the pudding is baked, take from the oven spread a little jelly on the top, then a frosting made from the whites of the eggs, brown a few minutes in the oven.

Mrs. H^r Moffatt.

VELVET PUDDING—Five eggs, one and a half cupfuls sugar, four tablespoonfuls corn starch, three pints of milk. Dissolve the corn starch in a little cold milk, and add one cupful of sugar and the yolks of the eggs beaten. Boil three pints of milk, add the other ingredients while boiling ; remove from the fire when it becomes quite thick ; flavor with vanilla and pour into a baking

dish; beat the whites of the eggs to a stiff froth, add half cup sugar, turn over the pudding and place it in the oven to brown slightly.

SAUCE FOR VELVET PUDDING—Yolks of two eggs, one cupful sugar, one tablespoonful butter, one cup of milk. Beat well the yolks, sugar and butter, add to the milk (boiling) and set on the stove till it comes to boiling heat; flavor with vanilla. Miss B. F. Blackwood.

FRUIT DUMPLINGS BAKED—One pint of flour, one heaping teaspoonful of baking powder, one large tablespoonful of shortening, salt. Make a soft dough with sweet milk, roll out one-eighth of an inch thick and cut in five inch squares, fill with fresh fruit, sprinkle over sugar and a pinch of salt, put on the top crust, cut a slit in the centre in which put a piece of butter; press the edges well together; place in a baking pan, sprinkle sugar over each dumpling and pour in boiling water to the depth of one-fourth of an inch. Bake. Serve hot with sauce.

Indiana Worthington.

COTTAGE FRUIT PUDDING—Put into a baking dish any kind of berries, and pour over a batter made of the following ingredients; one egg, one cup of sweet milk, one cup of sugar, three cups of flour, one tablespoonful of butter one teaspoonful of baking powder. Bake until the crust is done.

A. H. D.

BROWN BETTY—Put a layer of sweetened apple sauce in a buttered dish; add a few pieces of butter, then a layer of bread crumbs; sprinkle over a little cinnamon; add another layer of sauce, etc., making the last layer bread crumbs. Bake. Serve with sauce or cream and sugar.

A. H. D.

BRÉAD AND BUTTER PUDDING—Line the bottom of a pudding dish with thin slices of bread well buttered ; strew currants over them ; then another layer of bread with currants, and so on until the dish is full, pour over a custard made of four eggs, one quart of milk, sugar and a pinch of salt. Let it stand a little while before baking. Mrs. W. Thomson.

CREAMY RICE PUDDING (Without Eggs)—Half a cup of uncooked rice, half a cup of sugar, one generous quart of new milk, a little salt and nutmeg, bake slowly from two to three hours, good either hot or cold.

Mrs. E. W. Florence.

APPLE DUMPLINGS—Make a rich biscuit pastry, roll half an inch thick, cut in squares each to hold a whole apple, pare and core the apples, fill cavities with chopped pecans, sugar and a little nutmeg, fold pastry lightly over each apple, press the edges together, place in a pan so they will not adhere when cooking, sprinkle over each dumpling sugar, nutmeg, and pieces of butter, pour over all, one and one-half cups of water and bake till the apples are tender, and the dumplings browned, serve with whipped cream, or hard sauce.

Mrs. John E. Shumate, Midland.

ROLLY-POLLY PUDDING—Make a biscuit dough ; roll not quite an inch thick ; spread over sliced apples, or any kind of berries, fresh or dried ; roll up, press the ends and side and boil continually one and one-half hours. Or wrap it in a pudding-cloth well floured ; fasten the ends and side and boil continually one and one-half hours. Serve with sauce.

White House Cook Book.

PUDDING SAUCES.

"It cracks my brains to find out tempting sauce
"Can we ever have too much of a good thing."

SAUCE FOR PLUM PUDDING—Cream together one cup sugar, one-half cup butter; add the well beaten yolks of four eggs. Stir into this one wineglass of fruit juice, a pinch of salt and one large cup of hot cream or milk. Beat the mixture well; cook over hot water until it thickens.

PUDDING SAUCE—One cup sugar, one cup boiling water, one tablespoonful sifted flour, one-half cup butter, boil all together ten minutes; add one egg well beaten, flavor to taste.

FRUIT SAUCE—Two-thirds cup sugar, one pint raspberries or strawberries, one tablespoonful melted butter, one cup hot water. Boil all together slowly, removing the scum; then strain through a sieve.

JELLY SAUCE—Two tablespoonfuls sugar, one-half cup jelly, one cup boiling water, two tablespoonfuls butter, one teaspoonful corn starch.

White House Cook Book.

FOAMY SAUCE—Beat one-half cup of butter to a cream with one cup of powdered sugar. Beat until very light and white, then add the unbeaten white of one egg; beat the mixture until very light. Stand over boiling water; add gradually one-half cup of boiling wa-

ter, and one-fourth cup of fruit juice; stir until it is frothy, and serve at once. Mrs. Wm. Smith.

OUR NEW SAUCE—One cup of granulated sugar, one cup of water, boil until it spins a thread. Have ready the yolks of three eggs beaten to a cream; pour the boiling syrup over the eggs in the bowl, and beat until you have a thick mixture resembling that of sponge cake. Flavor with lemon or vanilla, and just before serving add one pint of whipped cream.

Helen Louise Johnson.

ORANGE SAUCE—One cup of milk, one teaspoonful flour, four tablespoonfuls sugar, well beaten yolks of three eggs, juice and grated rind of one orange.

Mrs. Baker.

CREAM SAUCE—Stir to a cream one cup sugar, one-half cup butter; then add one cup sweet, thick, cold cream. Stir well and flavor to taste.

Mrs. Baker.

VINEGAR SAUCE—One cup boiling water, one cup sugar, one tablespoonful flour, one cup vinegar, a little nutmeg. Mix the flour with a little cold water, then stir it into the boiling water and sugar; add the vinegar and nutmeg and boil twenty minutes.

Mrs. J. Maxwell.

PUDDING SAUCE—Four tablespoonfuls of sugar, one egg, one pint of sweet cream, butter half the size of an egg, three tablespoonfuls of fruit juice, cream butter and sugar, then add unbeaten egg and beat thoroughly then add fruit juice, and just before serving stir the above into the cream which has been previously whipped.

Mrs. Putnam.

HARD SAUCE—Beat one cup of powdered white sugar and one-half cup butter together until thoroughly mixed; the longer it is beaten the whiter it becomes. Flavor with vanilla to taste or any other flavoring.

Mrs. W. H. Walker.

PLAIN SAUCE—One cup brown sugar, one cup molasses, one-half cup butter, one teaspoonful flour, juice and grated rind of one lemon, half a nutmeg, one-half teaspoonful cinnamon, one-quarter teaspoonful cloves. When these are well mixed, add one cup of boiling water and boil until clear; then strain.

Mrs. Hawley.

LEMON SAUCE—Juice and grated rind of one lemon, one tablespoonful flour, one ounce butter, a little water, sugar to taste, and yolks of four eggs. Put the butter and flour into a saucepan over the fire, and when of a pale brown, add the water and strained lemon juice. Stir the sugar and grated rind into the sauce which should be very sweet. When the sugar is melted, put in the beaten yolks of eggs and stir until the sauce thickens. Serve at once. Do not allow it to boil as it will curdle.

Mrs. W. D. McCallum.

LEMON SAUCE—One large tablespoonful of butter, one of flour, one cup of sugar, grated rind and juice of one lemon.

Mrs. A. Anderson.

HARD SAUCE—Two cups of sugar, one cup of butter, creamed together, the white of two eggs beaten to a stiff froth; add to butter and sugar and beat lightly until thoroughly mixed; divided into three parts, flavor one part with vanilla, one part with grated chocolate or cocoa, about two teaspoons, and one part with extract of strawberry, so that the three parts will be different

colors. Butter the mould or bowl. Put in the chocolate, then the vanilla and lastly the strawberry; set away to cool; when ready to serve turn out on a plate. Cut through it in slices and lay on each portion of the pudding.

Mrs. W. H. Walker.

MAPLE CREAM SAUCE FOR PUDDINGS—One cup of brown sugar, one cup of butter, boil until browned well, stirring constantly, take off stove, and add one tablespoonful of flour and four cups of boiling water, put on stove and cook five minutes.

Miss C. Robb.



DESSERTS

"He that is at ease seeks dainties."

ICE CREAM—Scald together one quart of milk and two cups of sugar when cold, add one pint of cream, flavor with vanilla to taste and freeze.

Miss M. Robb

ICE CREAM—Two quarts of good cream, one-half pint of milk, fourteen ounces of sugar, two eggs, beat the eggs and sugar together as for cake, before mixing with the cream; flavor to taste, and freeze, stirring rapidly at first to make it perfectly smooth, and slower as it thickens.

Miss C. Robb.

ICE CREAM—Three eggs, one quart of milk, one pint of cream, two cups of sugar, flavoring. Scald the milk, then stir in the eggs and sugar; beat like a custard; when cold add the cream and flavoring. Freeze.

Mrs. Henry.

ORANGE MARMALADE ICE—Make a quart of plain custard, when cool, add a cup of orange marmalade, the juice of a lemon. Turn into a freezer and freeze.

Susie Buel.

STRAWBERRY ICE CREAM—One pint of cream, one pint of milk, one pound of sugar, juice from three pints of strawberries. Scald the milk and cream with one cup of sugar mix the juice with one cup of sugar and when dissolved add it to the milk and cream. When cold freeze.

Mrs. Rorer.

TUTTI FRUTTI ICE CREAM—To every quart of rich vanilla cream, partly frozen, add one pint of mixed almonds citron and mixed French candied fruit chopped fine. Finish freezing, add one quarter of a cup of orange juice and put away to ripen.

BANANA ICE CREAM—One pint of milk, one pint of cream, two eggs, one coffee cup of sugar, vanilla to taste. When the cream is half frozen add three bananas finely cut with a silver knife.

Mrs. E. G. Brigham.

CHOCOLATE SAUCE—One quart of Baker's chocolate, one tablespoonful of butter, one cup of sugar, one-third of a cup of water half a teaspoonful of vanilla; melt chocolate, add butter, sugar, and water, let boil fifteen minutes, cool slightly, add vanilla, serve hot with vanilla ice cream.

Mrs. W. McDonald.

In frozen creams and ice's good,
I'll dive with interest deep.

PINEAPPLE SHERBET—One quart of water, one pound of sugar; boil five minutes, one tablespoonful of gelatine soaked for fifteen minutes in a little cold water and added to the boiling syrup; when cold add one cup of grated pine-apple and lemon juice to taste. Turn into a freezer and freeze.

PINEAPPLE SHERBET—One can shredded pineapple, one quart of water, three and a half cups of sugar, juice of two lemons, when nearly frozen add the whites of two eggs, with three tablespoonfuls of sugar, beat stiff.

Mrs. C. W. Thomas.

PERSIAN SHERBET—One quart of water, one pound of sugar, boil five minutes. One tablespoonful of gelatine soaked in a little cold water for fifteen minutes and added to the boiling syrup, stir until the gelatine is dissolved. When cold, add one-half pint of strawberry juice, the strained juice of two lemons and three tablespoonsfuls of orange juice. Freeze.

STRAWBERRY WATER ICE—One quart of strawberry juice, the juice of two lemons, one pound of sugar, one pint of water, mix well, stand aside for one hour, then freeze.

SICILIAN SHERBET—One quart of peaches, one pint of orange juice, one pound of sugar, four or five lemons, one quart of water, one tablespoonful of gelatine. Boil the sugar and water, together for five minutes, then add the gelatine, which has soaked for fifteen minutes in a little cold water, stir until dissolved; press the peaches through a sieve, strain the orange and lemon juice over them, add the syrup made from the water and sugar, mix well and freeze.

Note—To the above recipes for Sherbet when partly frozen instead of gelatine may be added an Italian meringue, made by whipping together to a very stiff froth the whites of three eggs and three tablespoonsfuls of powdered sugar.

LEMON SHERBET—One quart of water, one pound of sugar; boil five minutes, one tablespoonful of gelatine soaked in a little cold water for fifteen minutes and added to the boiling syrup; when cold add juice of six or eight lemons.

MAPLE MOUSSE—One cup of maple sugar boiled about as you would for packing a cake, pour into this the beaten yolks of four eggs, stir until cold and when ready for freezing add one pint of cream whipped, pour into a mould pack with ice and salt, for three or four hours.

Miss B. Gordon.

MILK SHERBET—One quart of milk, one pint of sugar, four lemons; mix the lemon juice and sugar and let it stand; chill the milk and just before freesing add the sugar and lemon; one pint of cream beaten improves it.

Mrs. Richardson.

CAFE PARFAIT—One half pint of cream, one half cup of sugar, one fourth cup of clear strong coffee; mix all together, chill and whip put the mixture in a mould cover with paper to prevent water getting in, pack in salt and ice, let stand three hours without stirring; in place of coffee use one tablespoon of melted chocolate. Parfait may be made from any flavoring or fruit desired, the parfait taking the name of flavoring or fruit used, as strawberry, etc.

Mrs A. Mosher.

ALMOND MOUSSE—Boil one coffee cup of granulated sugar and the same quantity of water together for twenty minutes, draw to one side of the fire, and stir into the syrup the whites of three eggs beaten to a stiff froth, beat the three yolks well and add to the mixture; place the saucepan in a pan of boiling water and cook for ten minutes, stirring all the time, remove from the fire and add a cup and a half of almond nuts chopped very fine, when cold season with vanilla, add carefully one quart of cream well whipped, pour into a mould, pack with ice and salt, let it stand from three and a half to four hours.

Mrs. A. M.

Note—For mousse the cream is always whipped before mixing with other ingredients; put into a chilled mould, packed with ice and salt, must not be stirred.

NEAPOLITAN MOUSSE—Whip one quart of cream stiff and dry. Cover one-fourth of a box of gelatine with one-fourth of cup of cold water and let stand one half hour. Cover one cup of candied pineapple cut in small pieces with the juice of one orange, and let it stand until the pineapple seems soft. Turn the cream into a basin, add one cup of powdered sugar, the gelatine which has been dissolved over hot water, the fruit and orange juice, and one teaspoonful of vanilla. Stir gently from the bottom towards the top until it begins to thicken. Turn into a mould previously wet with cold water; pack in salt and ice and stand away for two or three hours.

Miss Helen Louise Johnson.

STRAWBERRY CHARLOTTE—Cover one-fourth of a box of gelatine with a quarter of a cup of cold water, and let it stand ten minutes. Whip one pint of cream. Scald one small cup of milk and three-quarters of a cup of sugar together, and add to the gelatine, stir until dissolved. Strain it into a bowl and add one tablespoonful of lemon juice. Stand the bowl in a pan of crushed ice, and when the mixture begins to thicken, stir in lightly the whipped cream. Line a mould with whole strawberries, and when the cream is nearly stiff enough to drop pour it into the mold.

Mrs. Rorer.

CURRENT ICE—Boil together for ten minutes one quart of water, and one and one-half pounds of sugar. One tablespoonful of gelatine, soaked in a little cold water for fifteen minutes and add to the boiling syrup; stir well. When cold, add three cups of currant juice and the juice of one lemon. Freeze.

Mrs. J. E. Taylor.

ORANGE JELLY—One box of gelatine soaked one hour in one pint of cold water; add one pint of boiling water, one pound of sugar, juice of eight oranges and two lemons. Strain into moulds.

Mrs. R. Beman.

LEMON JELLY—Soak one half box of gelatine in one cup of cold water for one-half hour, then add two cups of boiling water and stir until the gelatine is dissolved; add one pound of sugar, the juice of three lemons and the grated rind of one; strain into moulds.

A.H.D.

COFFEE JELLY—One box of gelatine, two cups of strong coffee, two scant cups of sugar, three cups boiling water, two teaspoonfuls vanilla. Soak the gelatine one-half hour in one-half cup of cold water, then add the coffee, sugar, vanilla and boiling water. Strain into an earthen mould. Serve with whipped cream around it. To make the coffee the required strength take four tablespoonfuls of coffee to two cups of water.

Mrs. Cameron.

COFFEE JELLY—Soak one box of gelatine in one-half pint of cold water for two hours; pour over it one and one-half pints of boiling water. When the gelatine is dissolved, add one pint of sugar, one pint of strong coffee, the juice of two or more lemons, according to taste. Strain into moulds and set in a cool place to harden.

Mrs. C. Marshall.

ORANGE CHARLOTTE—Make a jelly of one half box of gelatine, one pint of orange juice, the juice of one lemon, and one and one-half cups of sugar. When the jelly begins to thicken, add slowly the well beaten whites of four eggs. Stir until the eggs and gelatine are thoroughly mixed. A pint of whipped cream may be used instead of the eggs. Line a mould with sections of oranges and fill with the mixture. For a change, the above may be moulded and garnished with whipped cream and oranges, or piled in a glass dish and garnished with bright jelly and orange.

Mrs. Millar.

ORANGE CREAM—Soak one half box of gelatine in one half cup of cold water for one-half hour. Beat the yolks of five eggs with one cup of sugar, and the grated rind of one orange, until light. Scald one pint of milk and pour over the egg mixture. Return to the double boiler and stir until as thick as custard. Take from the fire, add the soaked gelatine and stir until dissolved. Strain and when cool, add the juice of five oranges. When it begins to thicken add one pint of cream whipped to a solid froth and stir carefully until very thick. Pour into small moulds. Serve very cold.

Table Talk.

CARAMEL BAVARIAN CREAM—Soak one-half box of gelatine in one-half cup of cold water, for one-half hour, dissolve over hot water. Whip one quart of cream to a stiff froth, and turn into a basin. Add one cup of pulverized sugar, the gelatine, two tablespoonfuls of caramel, one teaspoonful of vanilla. Stir gently from the bottom toward the top until the cream begins to form. Then turn into a mould previously wet with cold water, and put away to harden.

Mrs. Botham.

COFFEE CREAM—Dissolve a half box of gelatine in a cup of cold water, add a cupful of sugar, and one cup of strong hot coffee, let it cool, and just as it begins to stiffen add a pint of cream, whipped stiff, beat altogether for a few minutes, then set away to stiffen, eat with cream.

Mrs. C. W. Thomas.

SPANISH CREAM—Soak one-third of a box of gelatine in one pint of milk one hour. Scald the milk and stir in the yolks of two eggs beaten with one-half cup of sugar. Remove from the fire and stir in the whites of the eggs well beaten. When it is cool, flavor with vanilla, pour into a mould, and set in a cool place. Serve with whipped cream.

Mrs. W. D. McCallum.

BANANA FLOAT—Soak one box of gelatine in one cup of cold water for one hour. Scald three pints of milk and two and one-half cups of sugar together. Pour a little of the hot milk over the gelatine, and stir until it is dissolved; then stir this into the rest of the milk and boil ten minutes. Be careful not to scorch. When

cool, stir in six bananas broken in small pieces; mix well, pour into a mould and set on ice or in a cool place. Just before serving, take from the mould, pour over whipped cream sweetened and flavored.

Mrs. Cameron.

ROYAL DIPLOMATIC—Make a wine jelly; put a layer of the jelly one-fourth inch deep in a mould; cut candied fruit and put around the jelly; then add a little of the jelly to hold the fruit in place; when the layer stiffens add more jelly one-half inch deep, and when it becomes firm place a smaller mould in the centre of the large mould; pour the remainder of the jelly in the large mould; fill the small mould with ice or snow to keep it in place and let it stand one hour; then remove the ice from the small mould, and fill it with warm water; do not have the water hot or it will melt the jelly; take out the mould then fill with velvet cream. Set in a cool place.

Mrs. Mosher.

CHARLOTTE RUSSE—Soak one-half ounce of gelatine in one-half cup of cold water for one-half hour, dissolve over hot water, one quart of cream, one half cup of milk, two cups of sugar, vanilla to taste, pour into a mould, previously lined with lady-fingers or sponge cake.

BLANC MANGE—One pint rich cream, one cup of sugar, one teaspoonful of vanilla, two wine glasses of fruit juice, one third of a box gelatine. Dissolve gelatine in a little water, whip the cream add sugar, flavoring and gelatine, stir all thoroughly, then pour in grape juice, put in mould and place on ice or in refrigerator, serve cold.

Mrs. Putnam.

LEMON FOAM—Two cupfuls of hot water, one small cupful of sugar, two large tablespoonfuls of corn starch, juice of one lemon, whites of three eggs. Put the water and sugar in an enamel ware saucepan, and when it boils add the corn starch wet in a little cold water; stir and cook for five minutes; add the juice of the lemon, stir well; take it from the fire, and when cold pour it over the whites of the eggs beaten to a stiff froth; beat for about one minute when the whole mass will be light and foamy. A custard made of one pint of milk, two tablespoonfuls of sugar and the beaten yolks of the eggs may be poured over the lemon foam, although it is nice without it.

Mrs. McGregor.

A NICE DESSERT—Pare and slice ten medium sized apples, stew with three tablespoonfuls of water in a double boiler. When cooked rub smooth, sweeten and season with extract of lemon. Beat the whites of two eggs to a stiff froth, add to the apple and beat until light. Heap in the dish in which it is to be served. To the yolks add one-half cup of sugar and one cup of rich milk; place in a double boiler and stir until the custard sets. When cool pour over the whipped apple.

Mrs. T. White.

SNOW PUDDING—Cover one-half box of gelatine with a little cold water and let soak one-half hour, pour over it one pint of boiling water, add two cups of sugar and juice of three lemons, strain into a tin basin, place this in a pan of ice water and let it stand until cold. When cold beat with an egg-beater until white as snow. Beat the whites of the eggs to a stiff froth and stir into the pudding, pour into a mould to harden. Serve with boiled custard, made from one quart of milk and the yolks of the four eggs, or whipped cream.

Malone Cook Book.

GELATINE SNOW—One pint of water, one-third of a box of gelatine, two lemons, one cup of sugar, whites of two eggs. Soak the gelatine in the water for one hour, then dissolve by heating; add the sugar, and when nearly cool, the lemon juice and the whites of the eggs beaten to a stiff froth; beat all thoroughly, and put into a mould.

Mrs. Wm. Thomson.

CUSTARD SOUFFLE—Two tablespoonfuls of butter, two tablespoonfuls of flour, two tablespoonfuls of sugar, one cup of milk, four eggs. Scald the milk, mix the flour and butter together, and add a little of the milk, then pour the whole into the boiling milk, and cook eight minutes, stirring often. Beat the sugar and yolks together, add to the cooked mixture, and cool; when cold add the whites beaten to a stiff froth. Pour into a buttered pudding dish and bake twenty minutes. Serve immediately with whipped cream sweetened and flavored.

Mrs. George Hawkins.

CHOCOLATE SOUFFLE—One cup of boiling water, one and a half cups of scalded milk, three teaspoonfuls of gelatine, five tablespoonfuls of sugar, three teaspoonfuls Baker's unsweetened chocolate, yolks of three eggs, slightly beaten, whites stiffly beaten. Mix sugar and yolks of eggs, add gradually scalded milk and water to which the gelatine has been added. Place on fire and stir until like soft custard; add chocolate and whites of eggs, take from the fire and season with one teaspoonful of vanilla.

Miss M. K. Fortune.

STEWED RHUBARB—if the rhubarb is young, it is not necessary to peel it, cut off the extreme ends and the tops, wash clean, and cut into pieces about an inch long,

put into saucepan on the back of the stove until the juice runs freely, do not let it boil hard. To a quart of rhubarb, add a cup of sugar, when rhubarb is well done, add the sugar; cook ten minutes longer.

PEACHES FOR TEA—Pare and quarter ripe peaches; sprinkle well with sugar and let them stand one hour to extract the juice; then cover with rich sweet cream.

COMPOTE OF ORANGE—Take four oranges, peel and take out seeds, then take orange apart in sections, take two oranges and peel an inch wide round the orange in the centre. Scrape off all the white of the peel, roll it up and cut very thin leaving it in long strips; take the two oranges and prepare them as you did the four; put all in an earthen dish; make a syrup of two cups of sugar and two of water; boil to a thick syrup; pour over the oranges; put plate over to keep in steam. Serve when cold.

Miss Martin.

CONSERVE—Take three pints of any fruit juice (preferably currants), one and a half pounds of pie plant cut fine, the juice and clipped rind of three lemons, two oranges, one and a half pounds of seeded raisins, two and a half pounds of sugar; cook all together until thick.

Mrs. Griffen.

BAKED APPLE SAUCE—Pare, core and quarter sufficient sour apples to make a quart; put them into a deep dish with one cup of sugar, adding water to nearly cover them; cover the dish and bake in a moderate oven for two hours, or until the apples have assumed a golden brown.

Miss J. A. Robb.

BAKED APPLES—Pare and core as many apples as can be placed in the bottom of a porcelain baking pan; fill the cavities with sugar; add two cups of water; cover closely and simmer until they can be easily pierced with a fork; add more water, if necessary, when cooking; lift apples out carefully on platter; boil down the juice until quite rich; pour hot over apples; served with plain or whipped cream. Miss J. A. Robb.

TO COOK DRIED FRUITS—All fruits should be thoroughly washed, then put them into a porcelain dish; cover them with cold water; let them stand twelve hours before cooking. Cook slowly in the same water.



CAKES.

"With weights and measure just and true,
With stoves of even heat.
Well buttered tins and quiet nerves,
Success will be complete."

HINTS FOR MAKING CAKE—Measure the flour before sifting unless otherwise stated. Sift the baking powder or cream tartar with the flour. Eggs will beat more quickly if cold. Grease cake pans with fresh lard, as it is better than butter. Line the bottom of cake tins with paper. Layer cake tins and patty pans also. In mixing cake, first beat the butter to a cream, add the sugar and beat light; next beat in the eggs, add the milk, the flavoring and spices; then the flour, and if there is fruit, roll it in a little of the flour saved from the measure and stir in last. If the eggs are beaten separately, add the whites alternately with the flour. Margery Daw.

CHRISTMAS CAKE—One pound of brown sugar, one pound of butter, one pound of peel, three pounds of currants, four pounds of raisins, one pound of almonds, one and one-half pounds of flour, two-thirds of a cup of currant jelly, twelve eggs, one teaspoonful soda, one teaspoonful salt, a dash each of cayenne and black pepper, one cup of molasses. Divide the flour evenly. In one part put one teaspoonful of cinnamon, one nutmeg, one-fourth teaspoonful cloves, two-thirds of a teaspoonful of allspice. Mix the fruit with the other half of flour, cream, butter and sugar; add eggs, dissolve soda in warm water, and

stir it into the molasses. Mix all well. This will make two large loaves. Bake in a moderate oven two hours.

Mrs. R. Sellar.

FRUIT CAKE—One cup of butter, two cups of sugar, one cup of sour cream, one cup of molasses, three and one-half cups of flour, four eggs, one pound of raisins, one-half pound of currants, one teaspoonful soda, two nutmegs, two teaspoonfuls cloves, two teaspoonfuls of cinnamon, one pound of nut meats, one-half pound of citron.

Mrs. Watson.

FRUIT CAKE—Three cups of sugar, two cups of butter, one cup of molasses, one cup of sour milk, one teaspoonful of Bee soda, five eggs, five cups of flour, two pounds of raisins, two pounds of currants, one-quarter pound of citron peel, spice to taste. Mrs. J. Millar.

FRUIT CAKE—One pound of butter, one pound of flour (browned), one pound of sugar, three pounds of raisins, two pounds of currants, one pound of orange and lemon peel mixed, twelve eggs, three-fourth cup of molasses, one-fourth cup of rose-water, one teaspoonful of soda dissolved in the molasses, one tablespoonful of cinnamon, one-half a tablespoonful of cloves and mace.

Mrs. D. D. McBain.

You take no chances if you use "Bee Soda" for cakes.

WEDDING CAKE—Two and one-quarter pounds of butter, two and one-half pounds of brown sugar, two and one-half pounds of flour, two and one-half pounds of seeded raisins, five pounds of currants, one-half pound of blanched almonds, one pound of citron, one-half pound of orange and lemon peel mixed, twenty-five eggs, four tea-

spoonfuls of cinnamon, two teaspoonfuls of ginger, one teaspoonful of cloves and nutmeg, one and one-half glasses of brandy. No soda. Mrs. Hugh Graham.

FRUIT CAKE—Half a cup of brown sugar, half cup of butter, three eggs, half cup of sour cream, one teaspoonful of soda, one pound of currants, one pound of raisins, one quarter of citron peel, half cup of butternuts, one large nutmeg, half a teaspoonful of cloves, half a teaspoonful of cinnamon, two teaspoonsfuls of lemon. Flour to mix not too stiff. Mrs. Walter Spencer.

SEED CAKE—Whisk up two pounds of eggs, and mix in two pounds of sugar; cut four ounces of citron, two ounces of orange peel, and six ounces of blanched almonds; cut the peel into narrow strips about an inch long; cut the citron into broad pieces, and the almonds in two the long way; then mix the whole together with two pounds of flour and one pound of beaten butter. Season the cake with two teaspoonsfuls of cinnamon and one of ginger. Put it in a pan, glaze it with sugar and strew sugared carraways on the top. No soda.

Mrs. Hugh Graham.

FRUIT CAKE—One cup of butter, one and one-half cups of sugar, six eggs, three-fourths of a cup of molasses, two cups of sweet milk, three teaspoonsfuls of cream of tartar, one and one-half of soda, five cups of flour, one pound of raisins, one-fourth pound of lemon peel, one pound of currants, one-fourth pound each of citron and orange peel, salt and nutmeg. Bake in a moderate oven.

Mrs. T. Cunningham.

WHITE FRUIT CAKE—One cup of butter, two cups of sugar, one cup of sweet milk, two and one-half cups of

flour, whites of seven eggs, two teaspoonfuls of baking powder, one pound each of seeded raisins, figs, and blanched almonds, and one-quarter of a pound of citron all chopped fine; one cup of grated cocoanut, one teaspoonful of lemon extract. Sift a little flour over the fruit before stirring it in. Bake slowly two hours.

White House Cook Book.

FRUIT CAKE—Three pounds currants, one pound figs, three pounds raisins, one-half pound citron, one dozen eggs, one pound butter, one pound brown sugar, one pint molasses, one ounce each of mace, nutmeg, cloves, cinnamon and allspice, two gills of fruit juice, one pound of flour. No soda.

Mrs. Ledger.

SCRIPTURE CAKE.

One cup of butter—Judges, ch. 5, verse 25.

Two cups of sugar—Jeremiah, ch. 6, verse 20.

Six eggs—Isaiah, ch. 10, verse 14.

One cup of water—Genesis, ch. 24, verse 17.

Three and a half cups of flour—1st Kings, ch. 4, verse 22.

Two teaspoonfuls baking powder—Amos, ch. 14, verse 5.

Two cupfuls of raisins—1st Samuel, ch. 30, verse 12.

Two cups of figs, chopped—1st Samuel, ch. 30, verse 12.

One cup of almonds, chopped—Genesis, ch. 43, verse 11.

One tablespoonful of honey—1st Samuel, ch. 14, verse 25.

Pinch of salt—Leviticus, ch. 2, verse 13.

Spices to taste—2nd Chronicles, ch. 9, verse 9.

Follow Solomon's advice for making good boys and you will have a good cake.

SPICE CAKE—One cup of butter, one cup of sugar, one cup of molasses, one cup of sour milk, two eggs, one

teaspoonful of soda, one teaspoonful each of cloves and cinnamon, three cups of flour. Mrs. G. H. Phillips.

MAUD S. CAKE—One-quarter of a pound of Baker's chocolate grated, one scant cup of sugar, one-half cup of milk, yolk of one egg; let the above four ingredients come to a boil, then set aside to cool, and later add the mixture to the white dough. One cup of sugar, one-half cup of butter, two eggs beaten separately, one-half cup of milk, two cups of flour, two tablespoonfuls of baking powder. Add the dark mixture and bake in three layers, or two, if the tins are large. Put together with boiled frosting between each layer and on top. Mrs. J. M. S.

CHOCOLATE LOAF CAKE—Dissolve two ounces of chocolate in five tablespoonfuls of water (boiling), beat one-half cup of butter to a cream, add gradually one and one-half cupfuls of sugar beating all the while add yolks of four eggs, also half a cup of milk, melted chocolate and one and three-quarters cupfuls of flour. Beat whites of eggs to a stiff froth and stir in carefully, add one teaspoonful vanilla and one heaping teaspoonful baking powder. Mix quickly and lightly, turn into a greased cake pan. Bake in a moderate oven forty-five minutes.

Miss B. F. Blackwood.

CHOCOLATE LOAF CAKE—Two cups of sugar, one-half cup of butter, two eggs, one-half cup of sour milk, one teaspoonful of soda, one-quarter of a cake of Baker's chocolate dissolved in one cup of boiling water, two cups of flour. Add the water in which the chocolate has been dissolved, lastly. Bake in a long pan. Susie Buel.

CHOCOLATE MARBLE CAKE—One cup of butter, two cups of sugar, one cup of sweet milk, three cups of

flour, two teaspoonfuls of baking powder, whites of four eggs. Take one cup of the batter, and mix with one-fourth of a bar of chocolate grated and moistened with two tablespoonfuls of milk. Put in a cake tin first a spoonful of the white mixture and then a spoonful of the dark; alternate the light and dark till the batter is used. Susie Buel.

CHOCOLATE LOAF CAKE—Two squares of chocolate, one cup of sweet milk, one cup of sugar, one tablespoonful of butter, two eggs, one teaspoonful of soda, one and one-half cups of flour, one teaspoonful of vanilla; melt chocolate, beat egg and the yolk of one egg; add half cup of milk; pour over chocolate, and cook until it forms a thin custard; when cold, dissolve soda in the other half cup of milk, cream, butter and sugar together, then put altogether and stir in flour and vanilla; bake in moderate oven; use the white of egg for frosting.

Mrs. R. H. Crawford.

MARBLE CAKE—White part: one cup of white sugar, half a cup of butter, creamed together, half a cup of sweet milk, one large teaspoonful of baking powder, sifted into one cup of flour; add half a cup of corn starch, whites of three eggs, beaten stiff, and added the last thing.

Dark part: one cup of brown sugar, half a cup of butter, half a cup of sour milk, one teaspoonful of soda, dissolved in hot water, one tablespoonful of molasses, two cups of flour, one teaspoonful of each, cinnamon, cloves and nutmeg, yolks of three eggs; put in cake pan, first a spoonful of the white mixture, then a spoonful of the dark; alternate the light and dark till the batter is used.

Mrs. M. T. Robb.

DELICIOUS DROP CAKE—Two cups of sugar, one cup of butter, one cup of milk, three eggs, three cups of

flour, two teaspoonfuls of baking powder. Beat butter and sugar together, add the yolks of eggs, then the beaten whites, flavor to taste. Mrs. David Biggar.

SNOW BALLS—Bake a white delicate cake in a dripping pan and when cold cut out with a sharp knife into small balls, dip in boiled icing, and then in grated or desiccated cocoanut until white like snow all over. Put them where the frosting will dry. Mrs. Middlemiss.

LILY CAKE—One and one-half cups of sugar, one cup of butter, whites of four eggs, one cup of sweet milk, one cup of corn starch, one heaping cup of flour, one teaspoonful cream tartar, one-half teaspoonful soda. Flavor with lemon. Mrs. A. McNaughton.

GOLD CAKE—One cup of sugar, one-half cup of butter, one-half cup of sweet milk, two cups of flour, yolks of three eggs, two teaspoonfuls of baking powder; flavor.

Mrs. A. Philps.

MINISTERS' CAKE—One cup of sugar, one-quarter cup of butter, a quarter of a cup of sour milk, one egg, half a teaspoonful of soda, quarter of a cup of boiling water in which dissolve two squares of chocolate, half a teaspoonful of soda, one and one-quarter of a cup of flour; season with vanilla; bake half an hour.

Mrs. E. W. Florence.

CLOVE CAKE—One coffee cup of butter, one coffee cup of brown sugar, one coffee cup of sour milk or buttermilk in which one teaspoonful of soda is dissolved, two eggs, one cup of raisins or currants, one tablespoonful of cloves, one-half of allspice, one-half of cinnamon, three cups of flour. Serve warm for tea. Mrs. Graham.

FRENCH CAKE—One cup of sugar, one-fourth cup of butter, one-half cup of milk, two eggs well beaten, one and one-half cups of flour, one teaspoonful of cream of tartar, one half teaspoonful of soda, one cup of currants. Bake in a thin sheet. Frost and cut in squares.

Mrs. A. McLean.

FEATHER CAKE—One cup of sugar, one tablespoonful of butter, one egg, one-half cup of sweet milk, two cups of flour, two teaspoonfuls of baking powder. Bake in three layers. Put together with the following:—the juice and grated rind of one lemon, yolks of two eggs, water sufficient to make one pint; cook until it thickens.

Mrs. A. Philps.

LAYER CAKE—Cream one-half cup butter and three-quarters of a cup of sugar, three eggs beaten in separately, three tablespoonfuls of sweet milk, one and one-half cup flour sifted twice, with one and one-half teaspoonfuls Royal baking powder; lemon flavoring. Bake in two layers.

Mrs. McCrimmon.

FLAKE CAKE—One-half cup each of molasses, sugar, sour milk and butter, two cups of flour, one teaspoonful of soda, one-half teaspoonful cloves, yolks of two eggs, one teaspoonful vanilla. Bake in three layers. Put them together with boiled frosting made from the whites of the eggs and two small cups of sugar.

Mrs. A. McNaughton.

ORANGE LAYER CAKE—Half cupful of butter creamed with two cupfuls sugar, add the juice of one and a half oranges and the yellow rind of one orange grated; stir in one at a time the yolks of four eggs; dissolve half a teaspoonful of soda in half cup of water, and add to it the

other ingredients; beat the whites of four eggs stiff and stir into the cake with two cups of flour in which a teaspoonful of cream of tartar has been sifted. Bake in layers, and when cool frost each one and place them one over the other.

LAYER CAKE—One cup of butter, two cups of sugar, three cups of flour, one cup of milk, whites of four eggs, two teaspoonfuls of baking powder. Mrs. Maclarens.

VARIETY CAKE—One cup of sugar, one-half cup of butter, three eggs, one-half cup sweet milk, one heaping teaspoonful baking powder, two cups flour. To one-third of the above mixture add one scant teaspoonful cinnamon, one-half teaspoonful cloves, a little nutmeg, and two-thirds cup of raisins, seeded, chopped and dredged. Use this for the middle layer. Put together with frosting between the layers and on top. Mrs. A. McLean.

GINGER CAKE—One and one-half cups of molasses, one egg, one-half cup shortening, two and one-half cups of flour, three-fourths of a cup of hot water, one teaspoonful of soda dissolved in the water, salt, one teaspoonful ginger. Miss Laura Hardy.

SOFT GINGER CAKE—Half a cup of brown sugar, half a cup of butter, one egg, half a cup of molasses, one and a half cups of flour, one teaspoonful of soda, one teaspoonful of cream tartar, half a cup of boiling water, one teaspoonful of ginger; add water the last thing.

Mrs. D. F. Walker.

CORNUCOPIAS—Three eggs, one cup of sugar, one cup of flour, two tablespoonfuls of cold water, one teaspoonful of cream of tartar, one-half teaspoonful of soda.

Beat thoroughly. Drop one tablespoonful on a round tin or saucer and bake in a moderate oven. When done and while hot, lap the edges together in form of a cornucopia and hold in shape until cool. Fill when cool, with whipped cream.

Mrs. W. J. Morrison.

* DATE CAKE—One-half cupful of butter, one cupful of brown sugar beaten to a cream, two eggs well beaten, one-half cupful milk, one and one-half teaspoonful baking powder, one and three-quarters cupfuls of flour, one-half teaspoonful cinnamon, one-half teaspoonful grated nutmeg, one-half pound dates stoned and cut fine. Bake thirty-five to forty minutes.

Miss M. Munro.

CITRON CAKE—Two-thirds of a cupful of butter, two cupfuls of sugar, beat to a cream, two eggs well beaten, one cupful of milk, one teaspoonful of soda, two teaspoonfuls of cream tartar, four cupfuls of flour, as much citron as you wish, or one cupful of raisins.

Mrs. D. McFarlane, Jr.

COCOA CAKE—Two cups of brown sugar, one-half cup of butter, two eggs, three level tablespoonsfuls of cocoa, one-half cup of sour milk, one-half cup of hot water, one level teaspoon of soda dissolved in the hot water, three cups of flour or a trifle less, batter should be rather thin, add a little vanilla. Can be baked in three layers or in a large cake.

FROSTING—Two cups of brown sugar, one-half cup of sweet cream, one-half cup of butter. Cook slowly until it begins to thicken, remove from the fire and add one tablespoon of cocoa or chocolate and a little vanilla. Stir until smooth.

Mrs. Breed, Malone.

WALNUT CAKE—One cup of butter, one cup of water, two cups of sugar, three cups of flour, three eggs, two teaspoonfuls of baking powder, one quart of walnut meats. Angie.

LAYER CAKE—One cupful sugar, a piece of butter the size of an egg, cream together; one egg, one cup of sweet milk, two teaspoonfuls of cream tartar, one teaspoonful of soda, two cups of flour. Bake in two layers.

WALNUT CAKE—One cup of sugar, one-half cup of butter, one-half cup sweet milk, one cup of nut meats, one cup of raisins, two cups of flour, whites of four eggs, and yolks of three, one teaspoonful of cream of tartar, one-half teaspoonful of Bee soda. Mrs. A. Mosher.

SUNSHINE CAKE—Yolks of five eggs, the whites of seven, one-third of a teaspoonful cream tartar, one and a quarter cupfuls of granulated sugar, one cupful of flour, beat the yolks to a very stiff froth, beat the whites to a foam; add the cream tartar to the whites, and beat it in well; add the sugar and beat it thoroughly; thin the beaten yolks and flour folded lightly through, put in ungreased pan and bake in a moderate oven at once. Will bake in twenty to forty minutes. A slight pinch of salt may be added to the whites of the eggs before whipping. Any flavor may be used. Mrs. J. W. Stark.

ANGELS' FOOD—Whites of eleven eggs, one and one-half cup of granulated sugar measured after sifting, one cup of pastry flour measured after sifting three times, one teaspoonful cream tartar, one teaspoonful vanilla. Sift flour and cream of tartar five times. Beat the whites of eggs to a stiff froth. Then stir in the sugar; then the flour and vanilla; stir in the flour very lightly. Bake

forty-five minutes or longer in a moderate oven. Use a pan that has little legs at the top so that when the pan is turned upside down on the table after baking, current of air will pass over and under it. Mrs. W. J. Morrison.

WHITE CAKE—One-half cup of butter, one and one-half cup of sugar, three-fourths cup of milk, one and one-half cup of flour, one-half cup corn starch, whites of six eggs, one-half teaspoonful soda, one teaspoonful cream of tartar. A. C. D.

WHITE CAKE—One cup of butter, two cups of sugar, three cups of flour, the whites of five eggs beaten very light, two teaspoonsfuls of cream of tartar sifted with the flour, one teaspoonful of soda dissolved in one cup of milk. Flavor with lemon. This cake is much better baked in a pan with a tube in the centre.

Mrs. Wm. H. Walker.

SILVER CAKE—Beat one-half of a cupful of butter to a cream, add one and one-half cupfuls of sugar, beat again, now add one cupful of cold water and two and one-half of flour, beat thoroughly and continuously for five minutes, and then stir in two teaspoonsfuls of baking powder. Have ready the well beaten whites of four eggs, stir them carefully and bake in a moderate oven.

Mrs. Hawkins.

SPONGE CAKE—Four eggs, two cups of sugar, two cups of sifted flour, two teaspoonsfuls of baking powder, a small cupful of hot water. Beat the eggs very light, whites and yolks together; add the sugar, mix the baking powder with the flour and stir it in a little at a time, put in the water, a tablespoonful at a time; beat the dough well. Bake in a slow oven. Miss J. Robb.

LAYER SPONGE CAKE—Three eggs, whites and yolks beaten separately. To the yolks add one cup of sugar; then the whites; beat well; to this add one heaping cup of flour, one teaspoonful of baking powder and, lastly, three tablespoonfuls of hot water.

Mrs. G. M. Loy.

SWEET CREAM SPONGE CAKE—Break two eggs into a cup; fill it with sweet cream and beat till light, add one cup of sugar, one and one-half cups of flour, two teaspoonfuls of baking powder; flavor to taste.

Mrs. McCallum.

SPONGE CAKE—Three eggs, one and one-half cups of sugar, one-half cup of cold water, two cups of flour, one good teaspoonful of baking powder. Beat the eggs five minutes; add the sugar and beat ten minutes; add half of the flour; then the water, and, lastly, the remainder of the flour to which has been added the baking powder. Flavor with lemon. Bake in a long pan.

Mrs. John Adams.

ROLLED JELLY CAKE—Two eggs, whites beaten to a froth; add the yolks and beat, one cup of sugar beaten in, stir in one cup of flour thoroughly; add one-half cupful of boiling water, beat again, one-fourth teaspoonful of salt, one teaspoonful of baking powder, beat again, flavoring to taste, pour into pan evenly; bake in oven not too hot, turn out on a towel, dampened, spread quickly with jelly, roll up; keep the towel around it until cold. Also an excellent receipt for hot water sponge cake if baked in a loaf.

Mrs. J. A. Hunter.

BOILED SPONGE CAKE—Cook one cupful of sugar and one-third of a cupful of water together until it spins

a thread, then pour it gradually on the stiffly beaten whites of four eggs, and beat well; add the well beaten yolks of four eggs and any preferred flavoring. Lastly, fold in a cupful of flour, bake in a moderate oven. This also is easily made. No soda, cream tartar or baking powder used in this cake.

Miss E. Thompson.

WHITE CAKE—One cup of butter, one and one-half cups of white sugar, three cups of flour (McDonald & Robb's Snow Flake), one cup of milk, three eggs, two teaspoonfuls of cream tartar, one teaspoonful of soda, mix to a cream butter and sugar, to this add, without beating, the yolks of eggs, then milk with soda dissolved in it, then slowly flour with cream tartar sifted together. When all are mixed together, add the whites of eggs beaten very light; add a little lemon flavor.

Mrs. T. Hood.

WHITE CAKE—One cup of butter, one and three-quarters sugar, one cup of milk, three and a half cups of flour, one heaping teaspoonful of baking powder, whites of ten eggs, cream butter and sugar till creamy; add milk; then flour and baking powder sifted together, and, lastly, the whites of the eggs beaten to a stiff froth. Bake in a moderate oven.

Mrs. H. E. Crowley, Midland, Texas.



FILLING FOR LAYER CAKES AND ICINGS.

“A wilderness of sweets.”

Note.—Care is necessary in the preparation of syrup for icings, etc. Confectioners recognize six or eight degrees in boiling sugar, but for our purposes a knowledge of three will be enough:—the second degree or “thread,” the fourth or “ball,” and the sixth or “fruit glacé.” One cup of granulated sugar and one-half cup of water will boil to “the thread” in ten or fifteen minutes; to “the ball” in twenty minutes; and a little longer is necessary for a “fruit glacé.” Test by dipping the thumb and forefinger in cold water and taking a drop of syrup between them and drawing apart. If it threads the second degree is reached, when it forms a soft ball by rolling between the thumb and finger we have the fourth degree; and when the syrup dropped in cold water is brittle, the sixth degree is reached.

COCOANUT FILLING—One cup of sweet cream whipped very stiff; add one-half cup of cocoanut and sugar to sweeten; flavor. Mrs. M. Pringle.

COCOANUT FILLNG—One cup of cocoanut, add it to boiled frosting when nearly cold.

RAISIN FILLING—Boil one cup of sugar and three tablespoonfuls of water to a thick syrup; add one cup of raisins, seeded and chopped fine. Beat until thoroughly mixed. Figs may be used in the same way.

Mrs. M. Pringle.

GOLDEN RAISIN FILLING—Cook until it threads one cup of white sugar and four tablespoonfuls of cold water; beat into it the yolks of three eggs, well beaten, and one-half cup of chopped raisins.

Miss Grizilla Smellie.

ORANGE FILLING—Take the peel of one orange, one pint of cold water, let it come to a boil; throw off that water and add one pint more; let it come to a boil again; throw off that water and repeat until it has had four pints of cold water; remove peel and chop fine, beat the yolk of one egg, add three tablespoonfuls of pulverized sugar by degrees, then add the peel. Mrs. James Henry.

SOUR CREAM FILLING—One cup of sour cream, one cup of sugar, one cup of raisins chopped fine, or one cup of walnuts chopped fine; cook all together until it thickens. Spread when cold. Mrs. J. A. Robb.

DELMONICO FILLING—Two and one-half cups of light brown sugar, one and one-half cups cream, one tablespoonful butter, vanilla. Boil until it waxes in water. Spread while warm. Mrs. W. G. Way.

CHOCOLATE ICING—One cup of sugar, one-fourth cup water. When the sugar is dissolved remove the spoon from the saucepan and let the syrup boil gently until bubbles begin to come from the bottom. Have ready two tablespoonfuls of grated chocolate, melted; add to the syrup when about cool, also one teaspoonful of vanilla. Beat until thick. Mrs. M. Pringle.

BANANA FILLING—Use a boiled frosting and over each layer, slice bananas a short time before serving. Also used with whipped cream.

LEMON FILLING—Juice and grated rind of one lemon, yolks of two eggs, one cup of sugar, water sufficient to make one pint; cook until it thickens.

Mrs. A. Philps.

LEMON FILLING—Yolk of one egg, three teaspoonfuls of flour, one cup of sugar, juice of one lemon. Mix flour and sugar together; add the egg and lemon juice, mix well, then add one cup of boiling water, boil two or three minutes.

Mrs. J. Lucas.

LEMON FILLING—One cup of sugar, one-fourth cup of butter, grated rind and juice of two lemons, yolks of four eggs; cook until it thickens, stirring all the while.

Mrs. Maclarens.

LEMON JELLY FILLING—Two-thirds of a cup of granulated sugar, one tablespoonful of butter, one egg, the grated rind and juice of one lemon; boil until clear and thick.

Mrs. W. L. Holenesly.

PINEAPPLE FILLING—One cup of finely chopped pineapple, one cup of finely chopped nuts and one cup of cocoanut added to boiled icing.

Mrs. W. L. Holenesly, Midland.

FIG FILLING—One pound of figs, one cup raisins, one cup sugar, one large lemon. Cut out the hard part of the figs and cut them in pieces; cover with hot water and cook in a granite saucepan till soft. Stone the raisins and cook slowly one hour, let the water boil away, chop figs and raisins, add sugar and lemon juice, boil one minute.

Mrs. A. Mosher.

CARAMEL FILLING—One cup of brown sugar, one-fourth cake of Baker's chocolate, one-half cup of milk, one tablespoonful of butter, stir and cook slowly until of the right consistency. Flavor with vanilla.

ALMOND FILLING—One cup of sweet cream, four tablespoonfuls sugar, yolks of four eggs, one teaspoonful corn starch, one-half pound almonds blanched and chopped fine.

ALMOND FILLING—Blanch one pound of almonds; reserve sufficient whole ones for the top layer; split in two or three parts, lengthwise, the remaining ones. When the cake is baked stick the nuts into the layers one inch apart and pour over plain or boiled frosting.

Mrs. McClary.

MAPLE SUGAR AND WALNUT—Add chopped walnut meats to maple sugar frosting; or for a cake baked in a long pan, use the frosting plain with the walnut halves arranged conveniently for cutting the cake in squares.

S. B.

CREAM FILLING—One and one-half cups of milk, one cup of sugar, one-half cup of butter. Simmer until it threads; then add the well beaten whites of two eggs.

Mrs. A. McNaughton.

CHOCOLATE FILLING—Place two blocks of chocolate without grating over steam; when melted, add one cup of sugar, four tablespoonfuls of milk and one egg beaten; steam until smooth. When cold flavor with vanilla.

CHOCOLATE FILLING—Two cups of sugar, two-thirds of a cup of water; boil until it drops thick from a

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fork, pour this over the beaten whites of three eggs and add two blocks of grated chocolate; beat until cold.

Mrs. H. E. Crowley, Midland.

APPLE JELLY—One large apple pared and grated, juice and rind of one lemon, one cup of sugar. Cook eight minutes; then add the beaten white of one egg.

Mrs. Howard.

NUT MEAT ICING—Chop one cupful of any nuts preferred; place in a saucepan with one cup of sugar and one cup of thick cream, boil all together about ten minutes.

Mrs. M. Pringle.

BOILED FROSTING—One pound of granulated sugar, one-half cup of water, put in a double boiler, when the sugar dissolves, add the whites of three eggs beaten a very little; cook until it thickens; then take from the fire and beat until cold. Flavor.

CONFECTIONERS' SUGAR—Take equal parts of white of egg and cold water, add confectioners' sugar; beat well. Flavor.

FROSTING WITHOUT EGGS—One cup sugar, one-fourth cup milk. Boil about five minutes. Beat until cool; then flavor.

Mrs. Northrop.

TUTTI FRUTTI ICING—Mix with boiled icing one ounce each of chopped citron, candied cherries, seedless raisins, candied pineapple and blanched almonds.

White House Cook Book

CARAMEL FOR FLAVORING—Put one cup of granulated sugar into a clean, dry frying pan. Stir until it

not only melts but turns dark. If to be used at once heat the mixture before adding the caramel; if for future use add one cup of boiling water to the caramel, simmer five minutes, and bottle when cool.

Mrs. T.

CHOCOLATE CREAM—For one loaf of cake, baked and left remaining in a long tin, take the white of one egg, three tablespoonfuls of cold water, one-half teaspoon of vanilla and enough sifted confectioners' sugar to make thick enough to spread over the cake. Melt one-fourth cake of chocolate and in one hour afterwards spread over the cream with a knife. If preferred in place of this make the following: two cups of sugar, one-half cup of sweet cream or one-half cup of milk, piece of butter the size of a walnut. Boil together about five minutes. Remove from the fire, flavor with vanilla and stir to a cream, cover with the melted chocolate or chopped walnuts.

Mrs. McClary, Malone.

ORANGE FROSTING—The white of one large egg beaten stiff, add one cup of powdered sugar, the juice of one and a half oranges. The grated rind of one orange and powdered sugar enough to make it spread nicely.

Mrs. A. Philps.

MAPLE SUGAR FROSTING—One cup of maple sugar, one-fourth cup of water; cook until thick; then pour it on the beaten white of one egg. Beat until cold.

S. B.

FROSTING—Boil one and one-half cups of granulated sugar, five tablespoonfuls of water till it threads, then pour it over the beaten white of one egg, one square of choc-

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late melted in a small bowl over the tea kettle, then stir about one-third of white mixture in it; cover cake first with the white frosting; when that is set sufficiently, cover with the chocolate. Mrs. E. W. Florence.



COOKIES AND SMALL CAKES

Watch these cakes with care most true,
Doubt not;
Each receipt will prove good to you.

NO ONE COOKIES—One cup of butter, two cups of sugar, two eggs well beaten, one-half teaspoonful soda dissolved in three tablespoonfuls of sweet milk; nutmeg to taste and flour to roll without sticking. Roll thin and bake in a quick oven.

Mrs. A. McLean.

LADY FINGERS—One cup of sugar, one-half cup of butter, one-fourth cup of milk, two teaspoonsfuls of baking powder, one egg, one teaspoonful of vanilla; flour to roll. Cut in small strips, roll in sugar and bake.

Mrs. John Adams.

RAISIN COOKIES—One quart of flour, two teaspoonsfuls of cream of tartar, one teaspoonful of soda, two cups of sugar, one cup of chopped raisins, one cup of shortening, half lard and half butter, seasoning to taste, enough milk to wet the mixture. Bake in a hot oven.

Miss Black.

COOKIES—Two cups of sugar, one cup of butter, one cup of sour cream, two eggs, one teaspoonful of soda, flour to roll.

Susie Buel.

HERMITS—One and one-half cup of sugar, one-half cup of butter, one-half cup of lard, one cup of currants,

one-half cup of milk, two eggs, one teaspoonful each of soda, cloves, cinnamon and nutmeg, salt, flour to roll.

Mrs. Maclarens.

AUNT SUSAN ANDRUS'S COOKIES—One cup of butter, one cup of sugar, two eggs, four tablespoonfuls of sweet milk; one teaspoonful of cream of tartar, and one-half teaspoonful of soda. Flour to roll.

JUMBLES—One cup of butter, two cups sugar, two-thirds cup sweet milk, three eggs, two teaspoonfuls baking powder, four or five cups flour; flavor. Pinch off pieces of the dough. Make into rings by rolling out rolls as large as your finger, roll in sugar, join the ends, and bake one inch apart, as they rise and spread. Susie Buel.

ALMOND JUMBLES—One cup of butter, two cups of sugar, three eggs, one-half cup of milk, two teaspoonfuls baking powder, one pound of blanched almonds chopped; flour to roll out.

COCOANUT JUMBLES—One-half cup butter; one and one-half cups sugar, four eggs beaten separately, one-half cup grated cocoanut, two cups of flour, one-half cup milk. Drop on greased tins by the spoonful, and bake in a quick oven.

CHOCOLATE JUMBLES—One cup of sugar, one cup of butter, one pint of molasses, one egg, one-half cup warm water, one teaspoonful soda, one-half cake Baker's chocolate dissolved in the water; flour to roll.

Mrs. John Adams.

COOKIES—One cup of butter, one cup of granulated sugar, one egg, one-half cup of sweet milk, one small tea-

spoonful of cream tartar, half a teaspoonful of soda, flour enough to roll very soft. Use McDonald & Robb's pastry flour.

Mrs. J. Wattie.

CREAM TARTS—Roll out pastry about a quarter of an inch thick; cut in squares whatever size desired. Turn over the four corners. When baked, drop on each a tablespoonful of strawberries or raspberries, thickened slightly with a little corn starch to prevent the juice running off; then drop a tablespoonful of whipped cream slightly sweetened and flavored on each.

Mrs. Wm. H. Walker.

LEMON BUTTER FOR TARTS—Six eggs, three lemons, rind and juice, three cups of sugar; steam until thick. Fill tart shells with this butter and frost.

Miss Klohs.

SHORT BREAD—One pound of butter, half pound of good lard, one pound of brown sugar, two pounds of flour, one teaspoonful of baking powder, one dessert spoonful of carraway seed; work flour in slowly; roll out; cut with a biscuit cutter, or cut in squares. Bake in a slow oven.

Mrs. A. Cameron.

SCOTCH SHORT BREAD—One cup of sugar, one and one-half cups of butter, four cups of flour, white of one egg. Mix sugar, butter, and white of egg together; then work in the flour; cut in squares and bake in a slow oven.

Mrs. McGregor.

SHORT BREAD—Two pounds of flour, McDonald & Robb's (Snow Flake), one pound of butter, one-half pound of brown sugar, mix sugar and flour together, then take

butter and work flour in slowly, roll out, cut in squares or diamond shape; bake in a slow oven.

Mrs. James Wattie.

PATTY PAN NUT CAKES—One-half cup butter, one and one-half cups of sugar, two eggs beaten separately, three-quarters cup of milk, two cups flour, two teaspoonfuls baking powder, one cup chopped hickory nuts.

DROP CAKES—One cup sugar, one-half cup butter, two cups flour, two eggs, three tablespoonfuls sour milk, one-half teaspoonful soda, one cup of currants.

A. H. D.

NUT CRISPS—One cup of sugar, one tablespoonful of butter, two eggs, beat whites and yolks separately; two and a half cups rolled oats, two teaspoonfuls of baking powder, half a teaspoonful of salt, one and one-half teaspoonfuls of vanilla. Stir in beaten whites last, drop about the size of a walnut on a well-greased pan, leaving space to spread; bake in a moderate oven. Miss M. Hunter.

SPONGE COOKIES—One cup of white sugar, half a cup of butter, half a cup of milk, two cups of flour, McDonald & Robb's (Our Best), yolks of three eggs, one teaspoonful of soda, two teaspoonfuls of cream tartar; mix sugar and butter to a cream, add yolks of eggs, have flour and cream tartar sifted together, milk with soda dissolved in it, add milk and flour slowly, being careful to keep a smooth creamy mixture; bake in patty pan tins.

Mrs. T. Hood.

SPONGE DROPS—Beat to a froth three eggs and one cup of sugar. Stir into this two cups of flour in which one teaspoonful of cream of tartar, and one-half teaspoonful of

soda have been thoroughly mixed. Flavor with lemon. Butter tins and drop by the teaspoonful two inches apart. Bake in a quick oven. Watch closely as they burn easily. Serve with ice cream.

Susie Buel.

VANITIES—Beat two eggs, add one-half teaspoonful of salt, and flour to roll; roll very thin; cut in small diamonds; fry in lard; turn them the moment they come to the surface; take out when a delicate brown; sprinkle with sugar or spread with jelly.

GINGER SNAPS—One pint of molasses, one cup of butter; boil together ten minutes. When cold add one teaspoonful of ginger, one teaspoonful of cinnamon, two teaspoonfuls of soda; flour. Roll very thin.

Mrs. Maclaren.

GINGER SNAPS—Two cups of molasses, one cup of shortening, three-fourths cup of sugar, one teaspoonful of soda, spices, let it come to a boil and cool before putting in the flour.

Mrs. J. Lucas.

GINGER COOKIES—One cup of sugar, one cup of melted butter, one cup of molasses, one egg, one-half cup of buttermilk, one and one-third teaspoonfuls of soda, one teaspoonful of cloves, one tablespoonful of ginger. Flour to roll.

Mrs. Watson.

SOFT MOLASSES COOKIES — Two cups of molasses, one solid cup of shortening, one-half cup of warm water, one even tablespoonful of soda, one teaspoonful of salt, one tablespoonful of ginger; flour to roll.

S. B.

MOLASSES COOKIES—One cup of New Orleans molasses, one cup of sugar, one cup of butter, one egg, one

teaspoonful of ginger, one teaspoonful of soda dissolved in two tablespoonfuls of cold water, flour to mix hard and roll out thin.

Miss Jennie A. Robb.

MOLASSES PUFFS—One egg, one cup of molasses, one-third cup of sugar, one cup of sour cream, salt, or scant half cup of butter, and one cup of sour milk, two and one-half cups of flour, two teaspoonfuls of cinnamon, one even tablespoonful soda. Bake in shallow tins and cut in squares.

OATMEAL COOKIES—One cup of lard, one cup of sugar, one teaspoonful of soda, a little salt, three cups oatmeal, two cups of flour; rub meal, flour and lard together, then sugar and, lastly, stir in one cup of boiling water.

Miss M. Hunter.

OATMEAL COOKIES—One cup of sugar, one-half cup of shortening, one egg, one-half cupful of milk, two teaspoonfuls of cream of tartar, one teaspoonful of soda; equal quantities of oatmeal and flour to roll out.

Mrs. M. T. Robb.

OATMEAL COOKIES—Two cups of oatmeal, one cup of flour, three-fourths cup of butter, three-fourths cup of sweet milk, one egg, two teaspoonfuls of cream of tartar, one teaspoonful of soda. A little extra meal and flour for the board.

Mrs. J. Lucas.

LEMON CRACKERS—Two cups of white sugar, one cup of melted lard, two cups of sweet milk, two eggs, one ounce of bakers' ammonia, half an ounce oil of lemon; put ammonia in a cup of milk, let it stand over night in cool place; in the morning add the other cup of milk; have all the things ready, add milk last, add flour to make

stiff as for cookies, if it falls work in more flour; cut in squares.

Mrs. A. Loynachan.

SHINGLES—One-half cup butter; one cup sugar, one-fourth cup sweet milk, one egg, one-fourth teaspoonful soda; flour to roll. Roll as thin as a knife. Watch closely as they burn easily.

A. H. D.

JAM JAMS—One cup of sugar, one-half cup of butter, five tablespoonfuls of sweet milk, two teaspoonfuls of baking powder, one egg, one teaspoonful of vanilla; flour to roll out thin; cut round or in squares; bake and place two together with jelly spread between while warm, or any desired filling.

Miss Maggie Hunter.

PICKLES AND RELISHES,

"He deserves not the sweet who will not taste of the sour"

GOOSEBERRY CATSUP—Five quarts of gooseberries, four pounds of white sugar, one pint of vinegar, two tablespoonfuls of cloves, two of cinnamon. Let sugar and vinegar come to a boil; then add berries and spices, and boil one-half hour.

Mrs. W. D. McCallum.

CUCUMBER PICKLES—For one bushel make a brine that will bear up an egg; heat it boiling hot and pour over the cucumbers; let them stand twenty-four hours. Heat vinegar boiling hot and pour over them, standing again twenty-four hours. Now, pour off the vinegar and add one quart of sugar, a pint of white mustard seed, a small handful of whole cloves, the same of cinnamon sticks, a piece of alum the size of an egg and half a cup of celery seed, to fresh vinegar; let all heat together, then pour hot over the cucumbers.

S. B.

FRENCH PICKLES—One peck green tomatoes, three large onions, six green sweet peppers. Slice all, leaving out blossom ends of tomatoes and seeds of peppers. Cover with three pints of vinegar and two of water. Boil altogether five minutes, being careful that they do not become soft at the bottom of the kettle. Strain out tomatoes and throw away vinegar. Take two quarts of fresh vinegar, two cups of brown sugar, one tablespoonful each of ground cloves, cinnamon, allspice, three of salt and one cup of mustard made smooth with water. Let this boil up and pour over pickles.

Examiner.

PICKLED BLACKBERRIES—Five pounds of berries, three pounds sugar, one pint vinegar, a few whole cloves and pieces of cinnamon tied in a piece of lace. Cook the berries about five minutes, skim them out and boil the syrup fifteen minutes. Mrs. Alexander.

PICKLED PEACHES—Four pounds of sugar, seven pounds of fruit, one quart of vinegar. Put in each peach four cloves and two or three small pieces of cinnamon; cook the fruit in the syrup until tender. Mrs. Baker.

PICKLED PEARs—To seven pounds of pears, take three pounds of sugar (maple preferred), one quart of strong cider vinegar, one pint of water, three cloves in each pear, cinnamon and allspice. Cook pears in vinegar till tender.

PICKLED PEARs—Five pounds of brown sugar, seven pounds of pears, one pint of sharp vinegar; stick into each pear five or six cloves, put them into a kettle with a little water and boil until you can stick a fork into them, then take them out, put them into jars; add to the water sugar and vinegar and a small bag of ginger; boil this until it is a nice syrup; pour over the fruit, keep in a cool dark place. Mrs. F. Hood.

GREEN TOMATO PICKLES—Slice one peck of green tomatoes, and allow them to remain in salt and water twenty-four hours; rinse in clear water and drain; cook tender in weak vinegar. Prepare a liquid according to the following proportions: Two quarts of vinegar; four pounds of sugar; one cup of horse-radish; three tablespoonfuls cloves; three of cinnamon; one of pepper. Boil and pour over tomatoes. Mrs. O. P. Ames.

RIPE TOMATOES PICKLED WHOLE—Put the tomatoes in strong brine, cold, for twenty-four hours, drain off the brine and lay them in a jar; then take sufficient vinegar to cover them, bring to a boil with some whole spices; when cold pour over the tomatoes. Care must be taken that the fruit is perfectly whole before putting them in brine.

Mrs. Graham.

RIPE CUCUMBER RELISH—Take one dozen of ripe yellow cucumbers, pare them, cut into strips, take out seeds, chop them into bits the size of a pea, chop twelve large white onions and six green peppers, mix all together, then add a teacupful of black or white mustard seed, and two tablespoonfuls of celery seed, one teacupful of salt, stir all together and put into a cotton bag to drain over night; in the morning put into jars and fill with cold cider vinegar. Keep it tightly corked from the air, and in four weeks you will have a delicious relish.

Miss S. J. Gowan.

SWEET APPLE PICKLE—Pare large sweet apples and core without quartering. To one gallon maple vinegar add three pounds brown sugar, one ounce of stick cinnamon, a few cloves and a small quantity of cayenne pepper. Allow the vinegar to boil a few minutes before adding the apples. Let the apples cook until you can pierce them with a fork, then lift them out, and add more apples to the same syrup. Fill the bottles up with the syrup that remains.

Mrs. James Lucas.

PICKLED APPLES—Seven pounds of sweet apples, peeled, quartered and cored, four pounds of brown sugar, one quart of vinegar, season with unground cinnamon, boil the fruit till tender.

Mrs. J. D. McDonald.

RIPE CUCUMBER PICKLE—Pare and cut the ripe cucumbers into suitable pieces, soak the cucumbers for twenty-four hours in equal quantities of vinegar and water, then drain thoroughly, put four pounds of maple sugar or brown sugar to every gallon of good maple vinegar, one ounce of stick cinnamon and one-half teaspoon cayenne pepper, add the pieces of cucumber and boil until you can pierce them easily with a fork, take out and put in bottles, then add more cucumber to the same vinegar. When all the pieces are cooked, fill up the bottles with the syrup.

Mrs. James Lucas.

RIPE CUCUMBER PICKLES—Pare and seed ripe cucumbers, cut in pieces. Let them stand 24 hours in salt and water. Strain them, then cook until tender in weak vinegar. Pour over strong vinegar, using one quart vinegar, four pounds sugar, one-half cup cassia buds, one-half cup cinnamon broken in small pieces. Scald, and when cool, pour over the pickles.

Angie.

WATER-MELON RIND—Pare and cut rind in three-inch strips; cook in water until clear, then put one clove in each piece and boil ten or fifteen minutes in the following syrup: Four pounds of sugar, one quart of vinegar, one cup mixed whole spices—cinnamon, cassia and allspice, less of latter than the two former.

Mrs. John Pease.

PICCALILLI—Slice one peck of green tomatoes; put on them one cup of salt and let stand over night; chop and let them drain; put on vinegar enough to cover and cook until soft. Chop six green peppers and four onions; grate one cup of horse-radish; put in, also, two cups of

sugar, one tablespoonful each of cloves, cinnamon and allspice; cover with vinegar and let come to a boil.

Mrs. Nellie House.

CANADA PICKLES—Two quarts of small onions, two quarts of cabbage, two quarts of green cucumbers, two quarts of green tomatoes, two ripe peppers. Chop all fine and sprinkle over it one cup of salt, let it stand over night; in the morning scald in this brine and drain well, then put it in the following, two quarts of vinegar, six cups of brown sugar, one cup of good mustard, one cup of flour, one ounce of turmeric powder. Cook in this sauce slowly for an hour, do not allow it to boil.

Mrs. Fay.

MUSTARD PICKLES—Two quarts of young cucumbers, two quarts of small round onions, a large cauliflower divided into proper sized pieces, and a few chopped green peppers. Soak all together in a brine made as follows: One cupful of salt in one gallon of water, scald slightly in this and drain thoroughly. Mix a cup of flour, a half cup of ground mustard and a tablespoonful of turmeric into a paste with a little vinegar, add a cupful of sugar and vinegar enough to make two quarts. Boil and stir constantly until the mixture thickens, then add the prepared vegetables, and just allow them to come to a boil, then bottle for use.

Mrs. J. Cunningham.

TOMATO CATSUP—One gallon ripe tomatoes cooked and pressed through a sieve. Cook until quite thick. Fifteen minutes before taking from the stove put into them a small, level teaspoonful of cayenne pepper, one tablespoonful of mustard seed, half a tablespoonful of whole cloves, one tablespoonful whole allspice, tied in a

thin muslin bag. At the same time add one heaping tablespoonful of sugar, one cup vinegar, and salt to taste. Seal hot. White House Cook Book.

PLUM CATSUP—Cook the plums until very soft, then rub them through a colander. To five pounds of fruit take two pounds of sugar, one tablespoonful of cinnamon, one of allspice, one-half tablespoon cloves. Boil till as thick as jelly. Mrs. A. Mosher.

GRAPE CATSUP—To five pounds of grapes boiled in one-half pint of water and strained, add three pounds of sugar, one pint of vinegar, two teaspoonfuls of each of all kinds of spices, and one of black pepper or cayenne pepper to suit taste. Mrs. D. McFarlane, Trout River.

CUCUMBER CATSUP—Pare large cucumbers, remove the seeds and grate the pulp. Put this in a colander to drain; when thoroughly drained, measure and to each pint allow half a pint of cider vinegar, one-quarter teaspoon cayenne pepper, one teaspoonful of salt, two heaping tablespoonfuls grated horse-radish. Bottle and seal.

Mrs. Rorer.

PICKLED CABBAGE—Two large heads of cabbage, eighteen red peppers, one quart small onions; chop all fine and sprinkle well with salt; let stand four hours; then drain off all liquor.

DRESSING—Three quarts of vinegar, one pound of sugar, one-half cup celery seed, one-fourth cup white mustard seed, same of black mustard seed, one-half ounce turmeric powder and small piece of alum. Let all boil in the vinegar, then pour over cabbage hot.

Mrs. G. Hawkins.

CHOW-CHOW—One quart each of small onions, cauliflower, cucumbers, and small pieces of ripe cucumber, one large green pepper. All except pepper to remain in salt and water over night. In the morning drain and cook in weak vinegar, then put all in the following dressing:—

Dressing—One quart vinegar, three tablespoonfuls mustard, one cup sugar, one-half cup flour, one-fourth ounce turmeric powder, same of curry powder. Boil five minutes.

Mrs. G. Hawkins.

SPICED CABBAGE—One raw cabbage, five cooked beets; mince fine; boil ten minutes, with one and one-half cups vinegar, two tablespoonfuls brown sugar, one-half teaspoonful cloves, one teaspoonful each of salt, mustard, cinnamon and allspice.

Mrs. J. R. McDonald.

SPICED CURRANTS—Five quarts of currants, one pint of vinegar, three pounds of sugar. One tablespoonful of each, ground cloves, cinnamon and allspice. Boil an hour or until quite thick.

Mrs. C. Marshall.

YUM YUM—Five pounds of currants, five pounds of sugar, one pound of seedless raisins, three oranges chopped fine, rejecting seeds, boil altogether.

Mrs. Jones Albany.

SPICED CURRANTS—Three pounds of white sugar, five pounds of ripe red or white currants, one tablespoonful each, cinnamon, cloves and allspice, boil currants for one hour. Then add sugar, spices and one-half pint of vinegar, boil one-half hour longer. Then pour into jelly glasses.

Mrs. T. Hood.

SPICED PLUMS—Seven pounds fruit, three pounds sugar, one pint vinegar; spice if preferred.

Miss Childs.

SPICED GRAPES—Six pounds of fruit, four pounds of sugar, one-half pint of vinegar, one teaspoon each of ground mace, cloves allspice and cinnamon, one-half teaspoon ginger. Press the pulp from the skins; put it in a preserving kettle and boil for a few minutes; then strain through a colander to separate it from the seeds. Add the pulp to the skins and other ingredients and boil all together one hour.

Mrs. G. Hawkins.

TOMATO RELISH—Eighteen ripe tomatoes chopped, four green peppers and six onions chopped, three tablespoonfuls salt, one tablespoonful all kinds of spices, one cup of brown sugar. Boil until quite thick, and then add two cups of vinegar.

Mrs. Charles Burbank.

TOMATO RELISH—Two quarts of ripe tomatoes, two quarts of sour apples, three large onions, one red pepper, chop apples fine, one pint of vinegar, half pound of sugar, salt to taste; put all together, and boil until done.

Mrs. H. Stone.

RIPE TOMATO SAUCE—Peel and slice one peck tomatoes, one quart of onions chopped fine, three red peppers, one quart of vinegar, half a cup of salt, one-half pound of sugar, one ounce of mustard seed, one ounce of whole cloves, allspice and cinnamon; put spices into a bag, put all together and boil three hours.

Mrs. Watson.

CUCUMBER SAUCE—Thirty good-sized green cucumbers, four onions chopped together, one small teacup salt. Drain twelve hours; then add one cup white mustard seed, one-third cup of pepper, vinegar to cover.

M. M.

SHIRLEY SAUCE—One dozen ripe tomatoes, two large onions, two large peppers, one cup of vinegar, one tablespoonful sugar, one of salt. Chop the vegetables and boil one hour. Seal hot. Mrs. G. Giles.

CHILI SAUCE—One peck ripe tomatoes peeled, eight red peppers, six onions, four tablespoonfuls sugar, one teaspoon ground ginger, one teaspoon allspice, one teaspoon cloves, one teaspoon cinnamon, one pint vinegar. Cook all together three-quarters of an hour. S. B.

BIDUVA SAUCE—Two gallons of chopped cabbage, one gallon of green tomatoes, sliced thin, one ounce each of black pepper, allspice and cloves (whole), one ounce white mustard, one ounce turmeric, one and one-half ounce ginger, one and one-half ounce celery seed, one dozen white onions, one-half pint salt, one pound of white sugar, one gallon of vinegar. Mix all together and boil one-half hour. Mrs. G. Giles.

CELERY SAUCE—One peck of green tomatoes, six heads of celery, six onions. Chop all fine and drain tomatoes after chopping. Three and one-half cups of sugar, one-half cup of mustard, three tablespoonfuls of cinnamon, four tablespoonfuls of salt, one teaspoonful of red pepper and two quarts of vinegar. Boil one hour.

Mrs. J. Cunningham.

GOVERNORS' SAUCE—One gallon of green tomatoes, one quart of onions, six apples, the heart of a good-sized cabbage, a large cup of sugar, one pint of vinegar, half a cup of salt, two ounces of mustard seed, a tablespoonful each of cloves, pepper, mustard and allspice; boil until soft, then add a little cayenne pepper.

Mrs. Watson.

TOMATO BUTTER—Seven pounds of ripe tomatoes peeled and sliced, three pounds of sugar, one teaspoonful of each, ginger, cloves and cinnamon; boil three hours.

Mrs. W. J. Smellie.

TOMATO CHUTNEY—Peel two dozen of ripe tomatoes and chop fine, four green peppers, four white onions, one-half pound of stoned raisins, one ounce of dried ginger. Mix all together with four tablespoonfuls of salt and three cups of vinegar; boil three hours.

Mrs. W. J. Smellie.



PRESERVING CANNING AND JELLIES

"Discretion, preserve th

First of all, look over your jars and test each one, filling them with hot water, sealing and letting stand head downward for several hours. When about to begin work open the jars, lay covers and rubbers by each and partly fill with hot water in order to warm and expand the glass, thus preventing cracking or breakage when filled with the scalding syrup.

CANNED PEACHES—Make a syrup in the proportion of one pound and one-half of sugar to one quart of water; boil twenty minutes and skim. Fill the cans one-third full of syrup; with a silver fruit knife pare and halve the peaches; remove the pit and place the rounded half uppermost in layers, pack as closely as possible, keeping the fruit under the syrup to prevent discoloration. When the jar is filled add more syrup if needed to cover the fruit. Put on the cover without the rubber and fasten. Place the cans on a rack in a wash boiler filled with warm water which comes within two inches of the top of the cans, and boil five minutes. Take the cans from the water; let them stand several minutes or until the fruit settles; take off the covers, add more syrup if needed; wipe dry the top of each can; put on the rubbers and covers, and the next day store in a cool dry place. Berries, cherries, currants, apricots, pears, plums and pineapple may be canned in the same way. In making the syrup for currants and the sour varieties of plums, use two

pounds of sugar to one quart of water. Pears, peaches and plums should be ripe and mellow. Let the water in the boiler come simply to the boiling point for currants, cherries and berries, five minutes sufficient for pears and peaches; ten minutes for pineapple. This method preserves the form and flavor of the fruit, and is considered by many equal to the process by the Mudge Cannery—the latest invention for canning fruits and vegetables.

CANNED CHERRIES—Stone the fruit and allow one-half pound of sugar to one pound of fruit. Make a syrup in proportion of one pint of water to one pound of sugar. Scald the fruit in the syrup ten or fifteen minutes. Place the glass jar on a smooth wet cloth and fill it to the overflowing with the boiling fruit.

Strawberries and raspberries may be canned in the same way. Plums require more sugar. M. W. S.

CANNED RHUBARB—Peel and cut the rhubarb; pack tightly in jars; fill with cold water and as the water soaks in, fill up, then screw on the tops and put away for winter use. No sugar or heat required until you use the fruit; then stew and sweeten to taste. Mrs. McGregor.

CANNED PINEAPPLE—Pare and chop fine; and to each pound of pulp add one-half pound of sugar. Cook until clear, not too long, as too much cooking spoils the flavor. Put into jars and seal immediately.

Mrs. J. Robb.

PRESERVED RHUBARB—Peel and cut in squares; to each pound of fruit add one pound of sugar; let it remain over night; drain off the syrup and boil until it is thick enough; then add the rhubarb and boil until it is transparent. Take from the fire and add essence of lemon

to taste; or, if ginger is preferred, bruise the ginger, put it in a muslin bag and boil with the syrup.

Mrs. McGregor.

BERRIES WITHOUT COOKING—Mash the berries; add an equal quantity of sugar. Seal cold.

Miss G. Wilson.

PRESERVED APPLE AND GINGER—To one pound of chopped sour apples, allow one pound of sugar; to every two pounds of sugar, two lemons and one-half ounce ginger root, chop lemons, grate ginger root. Put all together and cook two and a half hours.

Mrs. G. Hawkins.

CANNED APPLE SAUCE—In the fall take ripe apples, pare, core and cook to a pulp, while hot fill cans full, shaking the cans to settle the apple, seal when hot.

RHUBARB MARMALADE—Cook two pounds of rhubarb until tender. Do not peel; cut in small pieces. When cooked rub through a coarse sieve; add two pounds of sugar, juice and yellow rind of two lemons; cut very fine. Cook until it thickens. Household News.

PRESERVED PEARS—Peel and quarter the fruit; allow three-quarters pound of sugar to one of fruit. Make a syrup in proportion of one pint of water to two pounds sugar. Cook fruit in syrup two or three hours or until a golden brown. If liked, add a little preserved ginger.

Mrs. Botham.

CANNED STRING BEANS—Cut them into three pieces lengthwise and turn them into cold water, drain, throw into boiling water, and boil rapidly for thirty minutes. Add a teaspoonful of salt to each quart of beans.

Fill the jars quickly, screw on the tops and stand away to cool. The beans to retain their flavor must be fresh.

Mrs. Rorer.

TO CAN TOMATOES—Pare firm medium-sized tomatoes cold, then place them in a colander, cover and place over a kettle of boiling water, do not let it touch the water, steam until thoroughly heated, perhaps fifteen or twenty minutes. Have some sliced tomatoes cooking. Put whole tomatoes in hot jars and fill with strained juice from the cooked tomatoes. Seal. Malone Cook Book.

CANNED TOMATOES—To insure best results, tomatoes must be canned during August. Wash, peel and cut them into pieces; cook in a porcelain kettle for thirty minutes. Put them boiling hot into jars and fasten at once.

Mrs. Rorer.

CANNED BUTTER BEANS—Wash them in cold water, cut into one inch pieces, pack tightly in jars, fill with cold water, put on the rubbers and lids; not screwing perfectly tight, put a rack in the bottom of a wash boiler, put in the cans and pour in sufficient cold water to nearly cover. Put on the cover of the boiler and boil steadily for one hour. Then remove the jars and tighten the covers and when perfectly cold put in a dark dry place.

Mrs. W. Wattie, Jr., Worcester, Mass.

CRAB APPLE JELLY—Remove stems and blossoms from fruit; cut in two and put in a porcelain kettle with water to nearly cover; cook until soft; put in a jelly bag and drain; for each pint of juice allow one pound of sugar; boil the juice ten or fifteen minutes; skim thoroughly; then add the sugar and let it come to a boil. Strain into glasses.

S. B.

CURRANT JELLY—Use when they first ripen; mash and drain through a jelly bag; allow a pound of sugar to a pint of juice. Do not boil more than two quarts of juice at a time. Boil the juice ten minutes, then add the sugar and when it is dissolved, take the jelly from the fire and pour it into glasses.

S. B.

CRANBERRY JELLY—One quart of cranberries, one pint of water, one pound of sugar. Add the water to the berries, cover the saucepan and cook until the berries look soft—from eight to ten minutes. Then press them through a colander, return them to the saucepan; add one pound of sugar and stir until it is dissolved. Bring just to a boiling point and turn into the moulds. Jean L. Botham.

PRESERVED PEACHES—Pare the peaches. For every pound of fruit take three-fourths pound of sugar. Make a syrup with one cup of water to each pound of sugar; boil and skim. Add the peaches and cook until they look clear and transparent. Fill the cans at once. Preserved peaches are much better left whole especially if the flavor of the pits is liked.

Table Talk.

DRIED CORN—Choose the ears when at their best for the table; put them into boiling water and let stand four or five minutes; remove and cool. With a sharp knife slit each row of grains down the middle; then cut it from the cob in thin slices, scraping the cob finally with the back of the knife. It should not be longer in drying than two hours. It must be watched and stirred frequently. It should be white and clear when dry, or its flavor is spoiled. For use soak over night, simmer slowly for about twenty minutes with a little butter, sugar, salt and pepper. Just before serving, add a little sweet cream.

Mamie Pringle.

CHIPPED PEARS—Four pounds of peeled pears sliced very thin; four pounds of sugar, two ounces of preserved ginger, juice of two lemons, the yellow rind, pared thin and cut in tiny pieces, one-half pint of water. Boil slowly till thick like marmalade. Mrs. H.

BAKED PEARS—Fill a stone jar with alternate layers of pears without paring and sugar. Then pour in as much water as the jar will hold and bake in an oven three hours.

CITRON PRESERVES—Pare and cut the citron in small pieces, boil in water till tender or clear. Drain. Make a syrup of three-fourths pound of sugar to one of citron; boil a piece of ginger in the syrup; then pour in the citron and boil a few minutes. Put in one lemon to five citrons.

QUINCES—Pare, quarter and core the fruit, taking out the hard place around the core; boil in clear water until tender, for one pound of fruit allow three-fourths of a pound of sugar, and one pint of water for three pounds of sugar; when the syrup is boiling hot put in the fruit and cook very slowly in order to take on the rich dark red color so much desired; equally good with part sweet apples.

PINEAPPLE PRESERVE—Pare, pick out the eyes and with a silver fork shred the pineapple to the core. Use a pound of sugar to each pound of fruit. Put a layer of sugar in the bottom of a vessel, then a layer of fruit and continue until all is used. Let this stand twenty-four hours; stir frequently and thoroughly, and can without cooking. Mrs. McGregor.

PINEAPPLE MARMALADE—Take ripe, juicy pineapple, pare, cut out the specks and grate on a coarse

grater all but the core. Weigh and allow a pound of sugar to a pound of fruit. Cook from twenty minutes to half an hour, until it clears and thickens.

MARMALADE—Slice the oranges finely, remove the pips, put seeds in a muslin bag; to each pound of fruit add three pints of water, let it stand all night, boil until quite tender and transparent, then weigh again and to each pound of marmalade add a pound and a half of sugar; boil twenty minutes or until sufficiently stiff. Bitter oranges (Seville), are the kind to use. Miss Susie Macfarlane.

ORANGE MARMALADE—Pare your oranges, cut the rind very fine, also cut the pulp very fine. Take out the seeds. Weigh pulp and rind together. To every pound of fruit add three pints cold water. Put the seeds into a dish and cover with cold water; let all stand twenty-four hours then strain the water from the seeds and add it to the fruit. Put on the fire and boil fast for three quarters of an hour. Take off, let stand over night, then to every pound of mush add one quarter pound of sugar. Boil three quarters of an hour. Then put in cans and seal. Bitter oranges preferred. Mrs. R. H. Crawford.

CANNED PINEAPPLE—Slice and cut fruit in quarters. To six pounds of fruit take two and one-half pounds of sugar and three pints of water. Boil sugar and water together for five minutes, add fruit and let boil for five minutes more. Then put in cans and seal tight.

Mrs. R. H. Crawford.

MARMALADE—Cut up peaches, quinces or apples without paring, cover with water and cook until tender; rub through a coarse strainer and to every pint of pulp add one pint of sugar. Boil until it thickens.

Mrs. Johnson.

ORANGE MARMALADE—Slice very thin four bitter oranges, four sweet oranges, two lemons, put seeds in a muslin bag, and to every pound of fruit add three pounds of water let stand twenty-four hours, then boil one hour, let it cool, weigh fruit, and to every pound of fruit add one quart of sugar; boil one hour then pour into glasses.

Mrs. H. Stone.

ORANGE MARMALADE—Six oranges and three lemons, sliced very thin; add one quart of water to each pound of fruit and let stand for one day. Then cook until tender. Weigh again, allow one pound of sugar to each pound of pulp. Boil slowly till it thickens. Mrs. H.

ORANGE MARMALADE — Nine oranges, three lemons, eight pounds of sugar, six pints of water. Cut the fruit very thin and remove the seeds. Let stand for twenty-four hours; then boil two hours.

Mrs. A. Anderson.

MARMALADE—Two dozen of oranges, one dozen of lemons, wash well and soak all night in cold water. In the morning slice very thin, place in a granite dish, cover with water and boil until the rinds are soft, add the same quantity of sweet apples cut in quarters, one pound of sugar to every pound of fruit; cook slowly until thick as wanted and put it into cans.

Mrs. W. Black.

CANNED RASPBERRIES—Fill jars with large fresh berries, put on covers loosely, set in a moderate oven; when the berries have settled two inches take jars out of oven and make syrup; to each pound of fruit allow three-fourths pound of sugar and sufficient water to fill jars;

boil and fill jars as soon as taken from the oven, with the boiling syrup fill to overflow, then seal. This method retains the form and flavor of the fruit. Strawberries, black-caps, blackberries are all good preserved in this way.

Mrs. John Russell.

" Bring me berries or such cooling fruit
As the kind hospitable woods provide."



COFFEE, TEA AND OTHER BEVERAGES.

“Though we eat little flesh and drink no wine,
Yet let's be merry; we'll have tea and toast.”

COFFEE—Allow a heaping tablespoonful to each person and one extra; use half an egg for eight persons, and mix it with the coffee; then moisten thoroughly with cold water; a few minutes before it is to be served pour on boiling water, allowing a coffeecupful for each person and one extra; bring quickly to the boiling point, add a tablespoonful of cold water; stir down the grounds, let it stand aside for two minutes and then use at once.

COFFEE FOR ONE HUNDRED—Take three pounds of coffee; beat in six eggs with their shells put in, first enough cold water to mix well; then pour over boiling water; cover tightly.

TEA—For moderate strength use one teaspoonful to one-half pint of water; pour on boiling water; let the pot stand where it will be at the boiling point, yet will not boil, for from three to five minutes, keeping tightly covered.

CHOCOLATE—Either grate or cut the chocolate in pieces and put in a saucepan over hot water to dissolve; scald the milk and when the chocolate is melted, pour the milk upon it gradually, beating all the while with an egg-beater. Return it to the double boiler, stir and cook for five minutes, sweeten to taste and serve with whipped cream.

CHOCOLATE—Put one quart of milk into a double boiler. Moisten two ounces of cocoa and one tablespoonful of rice flour with a little cold milk, then stir them into the scalding milk; stir continually until it thickens, add two tablespoonfuls of sugar and one teaspoonful of vanilla. Then with an egg-beater beat rapidly over the fire until light and smooth. Serve with whipped cream.

St. Dennis Restaurant.

COCOA—Moisten four tablespoonfuls of cocoa with a little cold water; pour over it one quart of boiling water, stirring all the while. When it reaches the boiling point take from the fire and add four tablespoonfuls of sugar. Pour it backward and forward from one pitcher to another until light. Serve at once with a little hot milk and whipped cream.

RASPBERRY SHRUB—Mash the berries and strain the juice through a bag. To each quart of juice take one pint of vinegar and two pounds of sugar; boil the juice and vinegar, add gradually the sugar; boil and skim until the scum ceases to rise, bottle and cork tightly.

PINEAPPLE LEMONADE—Make a syrup of one pound of sugar and two cups of water. Prepare a pineapple by paring, removing the eyes, and grating; add to it the juice of three lemons and the hot syrup. When cool reduce with water. Serve ice cold.

COCOA SHAKE—Three dessert spoons of cocoa, three teaspoonfuls of sugar, one cup of water; boil five minutes. This makes a paste to which add one glass of sweet milk and fine cracked ice. Put into small sealer and shake until foamy.

Miss M. K. Fortune.

CREAM NECTAR—One quart of cold water, three pounds of white sugar, two ounces of tartaric acid; put this on the stove until hot but not boiling, add well-beaten whites of two eggs, let it cool, flavor to taste, then bottle. A tablespoonful in a glass of water, with a pinch of baking soda, makes a nice cool drink. Mrs. Watson.

MEAD—Three pounds of brown sugar, six gills of molasses, three pints of water, four ounces of tartaric acid; pour one-half a pint of the water, boiling hot, on the acid, and the remainder on the sugar and molasses; heat gently, and skim when cool; add the acid and bottle; to each bottle add one teaspoonful of the essence of sassafras or any essence you please. Pour two tablespoonfuls into a tumbler of water and add one-third of a teaspoonful of soda; stir and drink.

Medical authorities now claim that to "drink like a fish" even is wisdom so long as the beverage indulged in is pure water which benefits and purifies rather than harms.

LEMONADE—Put one pint of sugar and a quart of water on to boil; add to it the yellow rind of two lemons; boil five minutes and strain. When cold add the juice of six lemons and sufficient water to make it palatable. Add more sugar if not sweet enough.

CURRANTADE—Mash one quart of ripe red currants with one quart of raspberries; and one cup of sugar; stir until the sugar is dissolved; add two quarts of iced water and strain.

BLACK CURRANT VINEGAR—Six quarts of black currants, half a gallon of white wine vinegar, let them re-

main together four or five days. Squeeze them out, and add one pound of sugar to every pint of juice; boil twenty minutes, and when boiling add two dozen of cloves; put into an earthen dish, let it remain twenty-four hours uncovered, then put into bottles and cork air tight.

Mrs. Watson.

MY FANCY—One pound of sugar, one pint of water; boil five minutes, then pour it while hot over one pint of grated pineapple; add the juice of six lemons and when cold strain. Just before serving add ice water and one-half pint of sherry.

Mrs. J. E. Taylor.

RASPBERRY VINEGAR—Put two quarts of raspberries into a stone jar, pour over them one quart of cider vinegar, cover and stand aside for two days, then drain off the liquor carefully without disturbing the berries. Pour this juice over one quart of fresh berries and stand aside as before; do this once more, the last time straining through a muslin bag. Measure the liquor, and to each quart add one pound of granulated sugar, boil slowly five minutes, skim and when cold bottle and seal. Strawberry vinegar may be made in the same manner, also blackberry.

GRAPE WINE—Take equal quantities of wild and tame grapes; put them into a stone crock and cover them with boiling water and let stand three days, then take out and strain, and for every gallon of juice put three and a half pounds of sugar; set in a warm place until well fermented and skim when needed, then bottle and seal.

Mrs. H. Stone.

RED OR WHITE Currant WINE—For every gallon of water take one gallon of currants off the stems,

bruise well and let them stand over night; next morning mash them well and strain through a sieve; to every gallon of the liquor add four pounds of sugar, strain and put into a cask, let it stand ten days, put the cork in lightly, bottle and cork; seal the cork lightly. Mrs. A. Philps.

DRINKS.

GRAPE JUICE—Two gallons grapes, three quarts water, squeeze grapes with potatoe masher, enough to break the skins. Let it boil twenty minutes, then strain. Put on the fire again, with two pounds sugar, bring to boiling point, add a small stick of cinnamon and three cloves, if desired. Bottle, cork and seal at once while hot.

Miss L. Graham.

COMMUNION WINE—Three pounds of grapes, two of white sugar, three quarts of water, scald the grapes and water slowly, then mash and strain, add the sugar, boil and seal as for canned fruit. Mrs. Dwight Dickinson.

SODA WATER—Dissolve two pounds and one-half of white sugar, two ounces of tartaric acid in one quart of hot water; when cold add the beaten whites of three eggs, stir well and bottle for use. Self sealers are best. Put two tablespoonfuls in a glass of cold water, stir in one-quarter of teaspoonful of bicarbonate of soda; any flavoring desired may be used.

Mrs. R. Cluff.

FRUIT JUICES—Heat the fruit, mash and strain as for jelly. To every quart of juice add one-half cup of sugar. Cook the juice for ten minutes. Seal in cans. Fruit syrups are used by adding a sufficient quantity of water to give the desired strength.

LEMON SYRUP—Extract the juice from lemons and to every pint add one pound of sugar. Put in a saucepan, heat to the boiling point, skim and seal in glass jars.

RASPBERRY JUICE—Two cups of sugar, two cups of water; boil fifteen minutes. Add two cups of raspberry juice; cover and simmer ten minutes. Seal while hot.

LEMON SYRUP—Two quarts of water, four pounds of granulated sugar, two teaspoonfuls of tartaric acid, three teaspoonfuls essence of lemon; dissolve the sugar in boiling water, put it on a moderately hot stove, while very hot put in the acid and lemon; when cold bottle and cork; will keep for a long time. One tablespoonful in a glass of cold water.

Mrs. A. Loynachan.

DANDELION WINE—Five quarts of blooms and stems (not roots or leaves), one gallon of water; boil the blooms and stems for a quarter of an hour, then strain the liquor through a flannel bag; then put liquor in a clean pot with three pounds of sugar, one lemon, one orange cut up; boil for another quarter of an hour, strain again; let stand till cool, when cold put half a cup of yeast to five gallons of liquor, let it stand three days, then put it into the cask with one pound of raisins to each gallon; cut the raisins and add half an ounce of isinglass chopped; it will be ready to bottle in three months. Mrs. W. J. Walsh.

CHAFING DISH.

" But fashions come, and fashions go,
And time is on the wing;
Who knows within a year or so
We may be just the thing."

CHEESE FONDU—Beat five eggs without separating. When light, add one cupful of grated cheese and three tablespoonfuls of butter; cut into bits, season with pepper and salt. Cook until cheese has melted and the mixture is smooth and as thick as custard. Pour over hot buttered toast and send at once to the table. Miss M. Walker.

PANNED OYSTERS—Place oysters in the dish with a tablespoonful of butter and little salt. Cover closely and light the lamp. Stir occasionally and when the oysters are plump and the gills curled they are ready to serve. One-half cup of thick sweet cream may be poured over them if desired before taking up. Mrs. E. McClary.

WELSH RAREBIT—Put one-half cup of sweet milk in pan over the fire; when hot add two cupfuls of grated cheese and stir until it melts, add quickly one teaspoonful of made mustard, one-quarter of a teaspoonful of salt, a dash of cayenne pepper and two well-beaten eggs. Stir until the mixture begins to thicken, pour over hot toast and serve at once. Mrs. J. E. Taylor.

MUSHROOMS—Peel and remove the stems of two dozen mushrooms. Arrange them in buttered pan, cap side upward. Dust each with salt and pepper and add one

large tablespoonful of butter. Pour over them one cupful of thin sweet cream, cook for ten minutes. Lift the mushrooms to thin pieces of buttered toast and pour over them the cream which remains in the pan. Miss L. Brown.

CREAMED LOBSTER—Prepare and cut into dice sufficient lobster meat to measure one pint. Into a pan put one and one-half tablespoonfuls each of butter and flour and mix over the fire. Add a dash of cayenne pepper, one-quarter of a teaspoonful paprika, one-half teaspoonful of salt and gradually one cupful and a half of sweet rich milk. Stir until smooth and creamy, add the lobster, cover and let it stand on the fire without boiling for ten minutes. Add one teaspoonful of lemon juice, taste to see that it is well seasoned and serve in cups or on toast.

Miss J. L. Botham.

CREAMED CHICKEN—Take cooked cold chicken and cut the meat into half inch dice. Measure, and to each cupful allow one cupful of sweet milk or cream, one tablespoonful each of butter and flour, one-half teaspoonful of salt, and one-quarter of a teaspoonful of pepper. Put the butter and flour in the pan and mix over the fire; add the salt and pepper, then gradually the milk or cream, stirring until it is thick and smooth. Add the prepared chicken and simmer for five minutes longer. In serving this may be garnished with finely chopped parsley or quartered hard boiled eggs.

Mrs. W. Scott.

SCRAMBLED EGGS—Break five eggs into a bowl, add a pinch of salt and five tablespoonfuls of sweet rich milk; beat with a fork only just enough to mix the yolks and whites. Melt a tablespoonful of butter in pan and when hot pour in the eggs. Shake until the eggs begin to thicken then with a spatula, gently loosen them from

the bottom of the pan, doing so in one direction and each time in a different place. Take from the fire a moment before they stiffen as the eggs should be soft and tender. Serve at once in a hot dish.

Miss C. Robb.

MAPLE FUDGE—Take three cups brown sugar, two of maple. Place over the fire and stir constantly while it boils until it gums when dropped in cold water. Add one cup of milk, half a cup of water, butter, size of an egg, to the sugar and boil all together. When ready to remove from the fire add a cup of hickory nuts or English walnut meats and stir until it begins to sugar. Immediately spread in flat tins and when slightly cool mark out.

Miss J. A. Robb.

“CHURCH FAIR” PEANUT CANDY—Shell one quart of peanuts, skin and roll fine. This quantity of nuts makes a coffee cupful. Put a coffee cupful of sugar in the pan. Set over the flame and stir constantly until it melts; it must melt quickly to be a success. Have the peanuts where they will be hot, and buttered pans hot and ready. As soon as the sugar is melted pour the hot peanuts into it, take from the blaze and pour into the hot buttered pans. The candy, when cold, can be broken into pieces and should be thin, crisp and shiny.

St. Andrews.



CANDIES.

"The daintiest last, to make the end most sweet."

MOLASSES CANDY—One cup of New Orleans molasses, one-half cup sugar; boil until it cracks in water, then add one-half teaspoonful of soda; pour on a buttered tin or marble. As soon as it is hard enough pull until hard.

MOLASSES CANDY—Five pounds of brown sugar, three pints of water, one-half teaspoonful cream of tartar, one quart of New Orleans molasses, a piece of butter the size of an egg. Boil sugar, water, cream of tartar and butter together three minutes, then add molasses and boil until brittle when tried in cold water. Less quantity may be made, being careful to keep the same proportions.

CREAM CANDY—Three cups of sugar, one-half cup of water, one tablespoonful of vinegar; boil fifteen minutes.

SUGAR CANDY—Two cups of sugar, two-thirds of a cup of water, one-third cup of vinegar, butter the size of an egg, one tablespoonful of glycerine. Boil without stirring twenty minutes or half an hour, till crisp when dropped into water. Just before pouring upon platters to cool, add a small teaspoonful of soda or cream of tartar. Flavor and pull it until white.

BUTTER SCOTCH—One cup of brown sugar, one-half cup of water, one teaspoonful of vinegar, piece of but-

ter the size of a walnut. Boil about twenty minutes; flavor if desired.

FUDGE—Stir constantly while boiling together, two cupfuls of granulated sugar, two-thirds of a cupful of milk, one bar of chocolate; when almost done add a small piece of butter; take from the fire; flavor with vanilla, also nuts or cocoanuts; stir until smooth; pour into butter plates and check into squares. Can be made with or without chocolate.

CHOCOLATE CREAMS—Mould French Cream into small cone-shaped balls with the fingers. Lay them on waxed paper, and leave them for several hours to harden. Melt some chocolate in a basin set in another basin of boiling water. Take the creams one at a time, on a fork, pour the melted chocolate over them with a teaspoon. When well covered, slip them from the fork upon oiled paper.

WINTERGREEN CREAMS—Flavor French Cream with wintergreen essence to taste. Color pink with cochineal syrup and form into round lozenge shapes.

COCOANUT CREAMS—Take some French Cream and while quite soft add fresh grated cocoanut to taste. Make into a flat cake and cut into squares or strips.

NEAPOLITAN CREAM—Make the French Cream recipe and divide it into three parts; leaving one part white, color one part pink, and the third part make brown with grated chocolate; make a cake half an inch thick of the white cream which may be done with a rolling pin, make the pink in the same way and lay it on the white, then the brown in the same manner, pressing all together. Trim the edges smooth and cut into slices or squares.

PEANUT CANDY—Two cups of molasses, one cup brown sugar, one teaspoonful of butter, one of vinegar. Having cracked and rubbed the skins from two quarts of peanuts, put them into buttered pans, and when the candy is done pour over the nuts. Cut into blocks while warm.

CHOCOLATE CARAMELS—Take one-fourth pound of grated chocolate; add to it enough water to make a stiff paste then add one and one-half pounds of brown sugar, one fourth pound of butter and one coffee cup of cream or milk; flavor with vanilla; boil without stirring more than possible until it hardens when dropped into water. Pour into buttered pans. When cool mark into blocks with the back of a knife.

CHOCOLATE CARAMELS—One cup of molasses, one cup of white sugar, one cup of brown sugar, one cup of milk, one-fourth cup of butter, one tablespoonful of flour mixed with the milk, one-half pound grated chocolate (Baker's chocolate), one tablespoonful vanilla.

VANILLA CARAMELS—Two cups sugar, one and one-half cups cream, one teaspoonful of vanilla. Boil sugar and cream together until a little dropped in cold water can be rolled in a hard ball between the fingers. Remove from the fire, add flavoring and pour into buttered tins.

CHOCOLATE CARAMELS—One cup of molasses, one cup of brown sugar, one cup of milk, a piece of butter the size of a small egg. Put all the ingredients in a kettle to boil; add one tablespoonful of glycerine, and boil fast. When nearly done add one cup of grated chocolate. Test it by dropping in cold water. When done pour into buttered pans.

COCOANUT KISSES OR PEANUT MACAROONS

—Whites of two eggs beaten stiff, add one cup of sugar, and one teaspoonful of corn starch; when mixed boil till sugar is dissolved, add one cup of cocoanut, or one cup of chopped peanuts. Birdie McDonald.

Birdie McDonald.

EGG KISSES—Whites of four eggs beaten rather stiff, gradually add one pint of granulated sugar; add one teaspoonful of vanilla, and beat the mixture till it will stand without spreading when dropped from a spoon, drop the mixture from spoon on oil paper which has been put in pan, leave room to swell; place in cool oven and let cook till delicate brown; the above makes fifty.

Mrs. G. Hawkins.

STUFFED DATES—Seed the dates, fill with crystallized ginger, and roll in granulated sugar.

CANDIED FRUIT—Melt a small quantity of the French Cream (cooked) in a farina boiler; add flavoring and stir until melted. Dip the fruit in this and put aside.

POP CORN BALLS—One cup of molasses and one tablespoonful of butter boiled until when dropped in cold water, it becomes thick, but not hard. Pour this over the hot popped corn, stirring all the time, using just enough to moisten the corn. Press into balls. Susie Buel.

SALTED ALMONDS—Blanche the almonds; put them into a baking pan, allow one tablespoonful of butter for every pound; brown in the oven, then dust thickly with salt.

BROWN SUGAR CANDY—Two cups of brown sugar, half a cup of milk or cream, butter the size of a walnut; boil until it forms a soft lump when dropped into

water, beat until it begins to thicken, then add one cup of chopped walnuts, season with vanilla, pour into buttered pan.

Miss M. Rowat.

MAPLE SUGAR CREAM—Grate maple sugar, mix it in quantities to suit taste with French Cream. Mould into any shape desired. Walnut creams are sometimes made with maple sugar.

FRUIT CREAM—Add to French Cream raisins, currants, figs and a little citron chopped; mix thoroughly through the cream while quite soft. Make into bars or cakes.

NUT CREAMS—Chop almonds, hickory, butternuts or English walnuts quite fine and mix into French Cream. Make into bars or cakes.

ALMOND CREAMS—Make an oblong roll of French Cream and press into the side of it an almond meat.

FIG CREAMS—Cut nice fresh figs into four or five strips; take a piece of French Cream and roll it into a long roll in the palm of the hand, then with a knife cut it lengthwise and lay into it one of the strips, and roll the cream around it.

SPICED CHOCOLATE CREAM—Grate some chocolate, add ground cinnamon and cloves to taste. Mix these ingredients into French Cream and form into small cubes.

ORANGE DROPS—Grate the rind of one orange and squeeze the juice; add to this a pinch of tartaric acid. Then stir in confectioner's sugar until it is stiff enough to form into small drops the size of a marble.

LEMON DROPS—Grate rind and juice of one lemon, then make the same as orange drops.

COCOANUT DROPS—To one grated cocoanut add one-half its weight of sugar and the white of one egg beaten to a stiff froth, mix thoroughly and drop on buttered white paper or tin sheets, bake fifteen minutes.

FLAXSEED CANDY—One pound of granulated sugar, three-fourths cup of water, one tablespoonful of glycerine. Boil all together. When nearly done, stir in flaxseed in quantity to suit the taste. Pour into buttered pans and mark into squares with a knife.

HOARHOUND CANDY—Steep one tablespoonful of dried hoarhound leaves in one-half cup of water; strain and add one pint of sugar and one tablespoonful of vinegar. Boil without stirring; test in cold water; and when brittle pour into buttered pans. Mark off in squares while warm.

PEANUT BRITTLE—Boil together a cupful each of brown sugar and molasses with two tablespoonsfuls of butter and one tablespoonful of vinegar. When a bit of the mixture will crack brittle dropped in cold water add a cupful of blanched peanuts, remove from the fire, add a scant teaspoonful of baking soda, beat hard and pour into a buttered dish.

PEANUT BRITTLE—Melt in a saucepan two cups granulated sugar. When melted to a clear syrup, pour into a buttered pan in which has been sprinkled one cup chopped peanuts. Mrs. W. McDonald.

VASSAR FUDGES—Put into a saucepan four tumblers of sugar, two of milk; grate into this one-half cake of chocolate, and add a piece of butter the size of a walnut; cook over a hot fire and stir constantly. When it becomes a soft ball, add about one-half teaspoonful of vanilla and

remove from the stove. Stir until it becomes like thick cream. Pour on to a large piece of white paper, when almost cold and before it becomes hardened cut into small squares and put into dishes for serving.

Miss G. L. Chestley.

FRENCH CREAM (COOKED)—Four cups of white sugar, one cup of hot water, flavor with vanilla; put the sugar and water in a bright tin pan on the stove and let it boil without stirring about eight minutes. If it looks thick, drop some from the spoon, and if it threads remove the pan to the table, taking a small spoonful and rubbing it against the side of a cake bowl. If it is creamy and will roll into a ball between the finger, pour the whole into a bowl and beat rapidly with a large spoon. If not boiled enough, put back on the range, let it remain as long as is necessary. Flavor to taste.

FRENCH CREAM (WITHOUT COOKING)—Break into a bowl the white of one or more eggs add an equal quantity of cold water, then stir in confectioner's sugar until you have it stiff enough to mold into shape with the finger. Flavor to taste. Either of these French creams may be used as the foundation for the following recipes:—

ENGLISH WALNUT CREAMS—Make a ball of French Cream about the size of a walnut and place a half nut meat upon either side of the ball, pressing it into the cream.

CREAM DATES—Select perfect dates and remove the pit. Take a piece of French cream, make an oblong shape and wrap the date around the cream.

TO BLANCH ALMONDS—Shell the nuts and pour boiling water over them; let them stand in the water

a minute or two, then throw them into cold water, and rub them between the hands.

- ALMOND BARS—Take two pounds of light brown sugar and one-half cup of water; add a pinch of cream of tartar, and when the candy begins to boil, drop in slowly stirring all the time, one pound of blanched almonds. Cook until the nuts are a light golden brown then turn the mixture into a buttered pan about an inch deep, when almost cold cut into bars.

PEPPERMINT CREAMS—Beat the whites of two eggs very stiff, extract of peppermint to flavor as desired, then add pulverized sugar, when mixture is stiff, turn on to baking board dredged with pulverized sugar, and work (adding sugar as required) with fingers into dough as you would prepare biscuit, roll out about one-quarter of an inch thick or thinner, and cut with small round cutter about the size of a two-cent piece; put them on a platter and leave them in a warm room over night turning each one in the morning. Miss Winnie B. Cameron,

Edinburgh,
Scotland.



THE SICK ROOM.

"To mirth and cheerfulness,
Which bars a thousand ills and lengthens life."

BEEF TEA—Take a pound of the juicy round of beef steak; cut into thin strips an inch long; put into a saucepan and cover with cold water; set over the stove where it will warm gradually; when it comes to a boil let it boil five minutes; season and strain.

SAGO GRUEL—A heaping tablespoonful of sago; wash and pour over one coffeeecupful of water; cook until clear; add one-half cup of milk and when it scalds, put in two tablespoonfuls of thin cream; salt to taste.

CORNMEAL GRUEL—One quart of boiling water; stir in one tablespoonful of flour and two of cornmeal, wet in a little cold water; boil thirty minutes, season with salt and strain; use sugar and cream if desired.

OATMEAL BLANC MANGE—Cook to a jelly, strain through a fine sieve and mould, salt while cooking.

MUTTON BROTH—One pound of lean mutton or lamb, cut in small pieces, one quart of cold water, a small tablespoonful of rice, add milk if preferred, salt and pepper to taste.

KOUMYSS—Put into a self-sealing pint bottle, one tablespoonful of sugar, one-sixth of a Fleischman's yeast cake and fill the bottle to within three inches of the top with new milk and seal. Let it remain in a warm place nine hours, shaking frequently at least once an hour. Then

let it stand in a cold place for three hours when it will be ready for use. An excellent and nourishing drink.

JUNKET—To one cupful of luke warm new milk, put one teaspoonful of prepared rennet, slightly sweetened, dust a very little nutmeg on top if desired. To be eaten cold with a little cream.

FLAXSEED LEMONADE — Four tablespoonfuls flaxseed, one quart boiling water; let remain in a covered dish three hours. When cold add the juice of two lemons and sweeten to taste. Take ice cold. A soothing drink in throat and lung troubles.

FOR NEURALGIA make a small muslin bag and fill it with salt, heat it hot, and place it against the aching spot; it will retain the heat for a long time and will greatly relieve.

WASH FOR SORE THROAT—One-half teaspoonful cayenne pepper, two tablespoonfuls strong vinegar, one tablespoonful salt; pour on one cup boiling water, let it stand a few minutes then strain. Gargle the throat well with it.

TO CURE A STING OF BEE OR WASP apply ammonia and water, or a bruised onion, or moistened baking soda, or wet earth to the part affected.

FOR NOSE BLEEDING—Bathe the face and neck with cold water.

IRISH MOSS JELLY—Soak one-half cupful of Irish moss in plenty of cold water for fifteen minutes, pick over and wash well, put it into a saucepan with one pint of boiling water and simmer until it is dissolved. Sweeten to taste, add the juice of one lemon, strain into mould.

Table Talk.

FARINA GRUEL—Add one salt spoonful of salt to one cupful of boiling water, when boiling sprinkle in one teaspoonful of farina, cook for ten minutes, add one cupful of milk, cook five minutes and serve.

RICE JELLY—Boil a quarter of a pound of rice in one quart of water for an hour, strain off the water, sweeten to taste and add the juice of a small lemon. Pour into a mould to form.

MILK AND WHITE OF EGG—Put a teacupful of milk and the white of an egg into a bottle, cork tightly and shake for three minutes. A few grains of salt can be added, or sugar if preferred. Water can be substituted for the milk with a teaspoonful of lemon juice to give it flavor.

COUGH MIXTURE—Three eggs whole, pour over them the juice of six lemons, let stand until morning; then beat and strain, add one pound of rock candy and one pint of Jamaica wine.

CURE FOR FROST BITES—One gill linseed oil, whites of three eggs beaten until thick, spread on muslin and apply.

HOT MILK is both nourishing and stimulating when weary, it is more easily digested than cold milk. Should be taken slowly in sips.

A TABLESPOONFUL OF THE JUICE OF A LEMON in a small cup of black coffee relieves a bilious headache.

SURE CURE FOR BILIOUS HEADACHE—Ten cents' worth of equal parts of Bee Soda and rhubarb; mix together and put into number two capsules; take one before each meal, or take about what you could put on

the point of a knife, in a teaspoonful of cold water, take before meals.

MUSTARD PLASTER—Mix thoroughly ground mustard and flour in the proportions required—usually one-third mustard to two-thirds flour, or mustard and flour equal parts—add hot water to make a thick paste. Spread on cotton cloth and cover with cheese cloth or old linen. Mixing with the white of an egg will prevent blistering.

TOAST WATER—Toast thin slices of bread, cover with boiling water, let them steep until cold, keeping closely covered; strain and sweeten to taste.

LIME WATER—Take a piece of lime, the size of a goose egg, pour over it half a gallon of boiling water, without stirring it, let it stand all night, pour off the water, and pour over the lime again half a gallon of boiling fresh water; stir it well, and when it settles strain twice, and put into bottles for use. For one pint of milk put one tablespoonful of lime water.

Mrs. R. H. Crawford.

Cut up the whole of a lemon and rind, add one teacupful of granulated sugar, pour boiling water over it all. This is good for colds.



THINGS USEFUL TO KNOW.

"A storehouse of comical oddities
That have niver been neighbor before."

CHURCH SUPPER SUPPLIES FOR ONE HUNDRED GUESTS—For scalloped oysters allow four gallons of oysters, eight pounds of crackers and four pounds of butter. For chicken pie, use fifteen chickens. For hash, twelve pounds of corned beef with double the quantity of potato. With any two of these allow ten dozen biscuits, five pounds butter, fifteen pounds of ham, before cooking, six quarts of cabbage salad, three pounds of cheese, one hundred doughnuts, four loaves of white cake, four of dark and four of layer; three pounds of coffee, and three quarts of cream for same.

ENTERTAINMENT SUPPLIES FOR FIFTY GUESTS—For chicken salad allow five medium sized chickens and twelve heads of celery. One hundred sandwiches; two loaves of sponge cake, two of dark cake and four layer cakes. Three gallons of ice cream and four moulds of jelly; one and one-half pounds of coffee and three pints of cream for same.

TO CLEAN CURRANTS—Put them in a sieve or colander and sprinkle thickly with flour; rub well until they are separated, and the flour, grit and stems have passed through the strainer. Place the strainer and currants in a pan of water and wash thoroughly; change the water until it is clear. Dry the currants between towels. It hardens them to dry in the oven.

TO CHOP SUET—Break or cut in small pieces, sprinkle with sifted flour, and chop in a cold place to prevent it from becoming sticky and soft.

TO SEED RAISINS—Pour over boiling water and let them stand ten minutes. Rub between the thumb and finger, the seeds will come out.

To keep salt dry, add one teaspoonful of cornstarch to one cup of salt.

For bruises, sprains, etc., apply hot water externally for a long time.

A little salt rubbed on a discolored egg spoon will remove the stain.

To take out fruit stains stretch the stained part over a bowl and pour on boiling water.

Ink spots, when fresh, may be removed by washing in sweet milk.

For iron rust and indelible ink spots, spread the garment in the sun and cover the spot with salt, wet with lemon juice.

To remove stains from furniture, marks made by hot dishes, etc., rub on oil after which apply a little spirits of wine.

To clean piano keys rub over with alcohol.

Always set milk in boiling water to boil, as it boils quicker in this way and there is no danger of burning.

Use twice as much cinnamon and nutmeg as you do cloves.

To prevent flour lumping, add a little salt before mixing the flour with milk or water.

To freshen stale crackers, put them into a hot oven for a minute or two; watch carefully.

Take fresh paint out of wearing apparel by rubbing with gasoline.

Grease spots in cloth may be taken out by applying a solution of salt in alcohol.

When baking cakes, set a dish of water in the oven with them, and they will not be in much danger of scorching.

The tooth-pick is properly an article of toilet, and for the bath-room and the dressing-room, and not for the dining-room.

Clam shells are good to scrape kettles and frying-pans.

A lump of sugar saturated with vinegar will cure hiccoughs.

A bruise may be prevented from discoloring by immediately applying hot water.

Prick potatoes before baking so that the air can escape; this will prevent their bursting in the oven.

A new, soft paint brush is a good thing to dust carved furniture with, as the bristles will penetrate the deepest crevices.

To keep the air from falling out, use a tonic for the scalp, composed of three parts brandy to one of castor oil, and rub it into the scalp thoroughly with the finger.

Almond meal is very softening and whitening to the skin.

Naphtha is good for cleaning kid gloves, but keep it away from the fire.

Never sweep dust and dirt from one room to another, nor from upstairs to the lower part of the house. Always take it up in each room.

To prevent the smoking of lamps, soak the wick in strong vinegar and dry it well before you use it.

Cold rain water and soap will remove machine grease from washable fabrics.

Fish may be scaled much easier by first dipping them into boiling water for a minute.

Fresh meat beginning to sour, will sweeten if placed out of doors in the cool air overnight.

Boiling starch is much improved by the addition of sperm or salt, or both, or a little gum arabic dissolved.

A tablespoonful of turpentine, boiled with your white clothes, will greatly aid the whitening process.

Kerosene will soften boots and shoes that have been hardened by water, and will render them as pliable as new.

A preparation of equal quantities of cream and brown sugar and half as much black pepper left in the dining-room will effectually rid the room of flies.

To prevent moths or insects in closets, take a small handful of alum pulverized, and dissolve in a pint of boiling water, then paint the corners of closets with the mixture.

Cut the tops from house plants, then place in the cellar in sandy soil, having earth from root to within an

inch of the tops. Water occasionally and if the cellar be light, new foliage will form. Hood of Valleyfield.

To keep the hair from falling out, make strong sage tea, put almost a tablespoonful of brandy and a little salt in a pint of the tea and bottle. Rub well into the roots of the hair.

Wetting the hair once a week with a solution of salt and water will keep it from falling out.

WASHING SILVER—Silver is ruined by washing it in soap suds. It makes it look like pewter. Never put a particle of soap about your silver, then it will retain its original lustre.

Tough meat is made tender by adding a little vinegar to the water in which it is boiled.

CAMPHOR ICE—One ounce of each, lard, camphor, spermaceti, one ounce of almond oil, one-half cake of white wax; melt all together and stir well, turn into moulds; excellent for chapped hands.

Mrs. Daniel Mcfarlane.

TO CLEAN COFFEE AND TEA POTS—The black coating which collects inside the coffee and tea pots may be easily removed, put a tablespoonful of cooking soda in the pot, fill it with boiling water, let it stand on the back of the stove for five hours, then wash and rinse it in boiling water, be careful to clean out the spout.

Cut glass should be washed and rinsed in water that is not very hot and of the same temperature.



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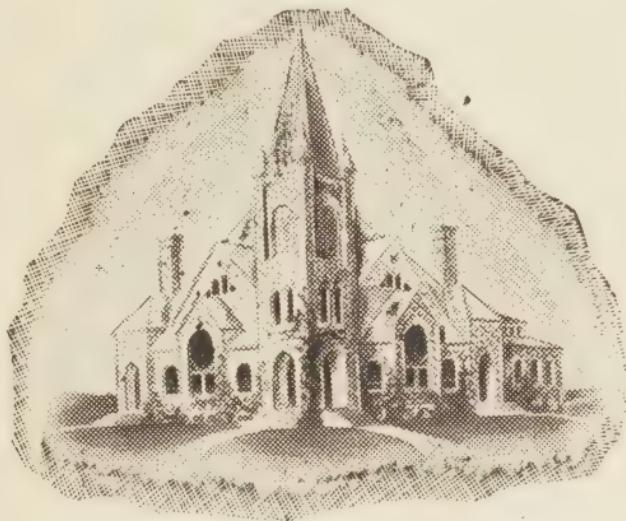
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In ten year periods, showing the growth of the Bank.

Year	Capital and Reserve	Deposits	Assets immediately available
1860	\$133,415	\$6,548	\$38,203
1870	436,000	264,450	318,555
1880	1,582,037	1,287,034	563,245
1890	2,037,102	2,233,790	602,098
1900	2,400,000	5,181,451	1,393,828
1906	4,792,790	12,688,709	6,570,683

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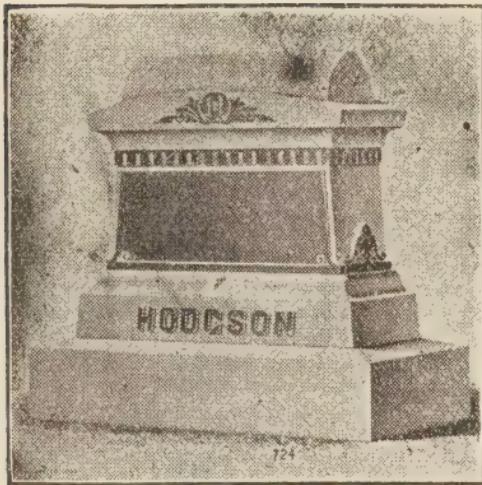


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